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Christopher Plummer

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On the Cover Christopher Plummer, photographed at Toronto's Sony Centre by Chris Chapman; fashion director, Derick Chetty. On Plummer, Paul Smith blazer, Holt Renfrew. Grooming: for the look, try Clinique for Men Maximum Hydrator.

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Top Shelf

"Founder's Reserve may be The Glenlivet's newest expression, but it has been almost 200 years in the making."

The single malt market has been one of the most dynamic in the last decade, a taste-maker in the growing consumer preference for spirits of authenticity and superior quality.

But long before single malt whisky there was Scottish moonshine. Harsh liquor ran off of illicit stills in the remote northern highlands, a world away from the polished and prized malts of Speyside which are now among the most widely enjoyed in the world.

Amidst the swill of crude bothies, one man sought to craft exemplary whisky. George Smith, granted a license to distill in 1824, crafted a distinctively smooth dram that set the foundation for his brand, officially earning it the title of *The Glenlivet*.

For almost 200 years, The Glenlivet has contributed to the sophisticated character of Speyside whiskies. Founder's Reserve is a toast to George Smith's original vision. Its particular fruitiness is born

of lantern shaped copper pot stills with elongated necks while its creamy sweetness results from patient aging first in seasoned oak and then in first-fill American oak casks.

Original and contemporary, Founders Reserve is a nod to the past with a gaze fixed steadily on the future. A liquid tribute to the commitment of quality and excellence adopted almost two centuries ago by George Smith.



TASTING NOTES:

Founder's Reserve has delicate aromas of citrus fruit and delivers sweet fruity notes of zesty oranges and pears with a hint of caramel apples and a creamy and smooth finish.

Cellar's Choice



There's a reason why Australia is known as the new world.

Motivated by a desire to push the boundaries of innovative wine-making, Jacob's Creek has crafted a totally unique product with Double Barrel. The Shiraz is made from fruit sourced from Barossa, one of Australia's most renowned grape-growing regions.

Aged in traditional French and American oak and then rested for up to three months in barrels that previously housed Scotch Whisky.

To achieve a balanced product of incredible depth and complexity, Jacob's Creek's winemakers experimented with many different casks before deciding on Scotch Whisky barrels.

They found that it offered the perfect finishing touch to the ripe red fruit and peppery spice of Barossa Shiraz.

The result is a premium wine with a velvety mouth-feel, seamlessly integrated tannins and a lavish palate of dark fruits and chocolate kissed by toasty oak.

TASTING NOTES: Double Barrel Shiraz has a full and generous palate with a beguiling mix of sweet red fruits and dark chocolate indicative of its origins as Barossa Shiraz. Subtle toasty vanilla derives from aging in traditional French and American oak wine barrels.

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WORD OF THE ISSUE:

Hashtag

THE RED LINE ON THE RED CARPET was the manicam. After years of female actors and musicians having their moment in lights for career-crowning accomplishment reduced to, “Who are you wearing?” the celebrity industrial complex had gone a step too far in demanding that women walk their fingers down a sponsored mini-red carpet to display their nails. It wasn’t exactly a Norma Rae moment but when Reese Witherspoon, Jennifer Aniston and Julianne Moore refused to partake in 2014, a backlash ensued with the hashtag #askhermore – say, than her nail colour – going viral. It wasn’t enough to make the Fashion Police turn in their badges, but this fall, as another red carpet season is rolled out, another powerful hashtag #SmartGirlsAsk has been launched.

I know. I know. One-percenter problems. But, like it or not, today celebrity sets the agenda for social mores. And social media amplifies them. Social media has been rightly criticized for its dark side – often misogynistic trolling, but #askhermore, #SmartGirlsAsk and a slew of other hashtags like #SheForShe demonstrates its positive influence. In “She Means Business” (page 62), the VP of media for Twitter, Kirstine Stewart makes a broader point that the digital era is a golden age for women. She believes that qualities often dismissed as female and thought better suited to the steno pool *Mad Men*-style are germane to



a new type of corporate leadership needed for these times.

It’s a feminism that encourages femininity, which, notwithstanding Gloria Steinem’s manner and appearance, didn’t always seem to be the case. This is perhaps why it became fashionable for younger women to disavow the F word, perhaps secure in the erroneous knowledge that all battles had been fought and won. As a woman old enough to remember the first spasms of the Women’s Lib Movement but too young to actually have had a bra to burn, I was confounded. All women have benefited from it in one way or another. One way for me? My break came courtesy of *Flare*, a magazine created in 1979 to reflect the new reality of Canadian women entering the workforce in unprecedented numbers, forging a new independence.

Fast-forward, and Beyoncé featuring the word “feminist” in one of her videos is considered provocative. But this started another trend among those who walk the red carpet: Taylor Swift made headlines when she announced she is a feminist, too. Emma Watson, having graduated from Hogwarts, gave a speech to the UN explaining why she was a feminist, while Lena Dunham, who infuriates and amuses as only a 20-something can, has also claimed the title. Maybe the kids are all right after all.

Contributors



Our arts and entertainment editor **Mike Crisolago** enjoyed an afternoon with cover subject Christopher Plummer, dis-

cussing his passion for performing and tiptoeing around the topic of *The Sound of Music* for “The Winter of His Content” (pg. 56). Afterward, they posed together for a photo at the Sony Centre for the Performing Arts in Toronto – very likely the only time he’ll share the stage with Canada’s greatest thespian.



Anne O’Hagan, a communications strategist and writer, has worked on every platform from television at Global, CBC and

CNN to print with her work appearing in *Condé Nast Traveler*, *Chatelaine*, and the *Globe and Mail*, among others. In her latest piece for *Zoomer*, she explored the digital sphere, interviewing Twitter VP Kirstine Stewart for “She Means Business” (pg. 62). Her account @anneohagan remains unverified.



Tara Losinski is the assistant managing editor and covers the home and health beat for *Zoomer*. This month, she penned a piece on

foot health, “Nailed It” (pg. 52) and “The More the Merrier” (pg. 74) about keeping the family together by hosting multi-gen-meals all year round. As a Newfoundland transplant, she misses her family Down East but she has found her niche as the antagonist during her in-laws’ notorious games of dominoes and Pictionary.

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A couple is sitting on a wooden pallet placed on a large, dark rock formation. They are looking out over a vibrant turquoise ocean under a dramatic sunset sky with pink, orange, and purple clouds. In the background, a small white house with a red roof sits on a grassy hillside overlooking the water.

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ZOOMER POWER

Amen to your pleas to the fashion industry to produce stylish clothes for us seniors ["Fashion Comes of Age," September]. My friends and I are also bewildered about why there is no "line" for us. After all, we have more time and the means to focus on how we look. We are turned away by loud music in chain stores and service people who – if they give us time at all – call us "dear." As a mature woman, I would like to see more colours than black (think of the queen in her daffodil yellows, peony pinks and spring greens) for coats and dresses. We are all also a little shorter than we used to be, a little wider and sport bumps here and there that hide our long forgotten 20-inch waist. We are on the leading edge of the huge baby boomer generation and represent a large market. Wake up, designers! –*Sherron Valeriote, Guelph, Ont.*

PRIDE AND PRIVILEGE

My tears flowed when I read about the kindness of the Newfoundlanders who welcomed the air refugees on 9-11 ("Best of Canada? It's Gander, Eh," September). On the other hand, I erupted when I read the reference to our free health care. I have paid handsomely for 35 years for my health care and continue to pay at tax time because my pension as a retired university professor is so high! Can't the media stop using this imprecise expression and call it what it really is: far from free, it is pre-paid! –*N. Leo Benoiton, Ottawa*

LEGS GALORE

Re: "The Last To Go" [September]. I have often been told I have "great gams," which I can thank my mother for. As an "over-65er," I still wear short skirts and shorts and never think twice about it. Thanks again for brightening my day! –*Linda Grant, Waterloo, Ont.*

PENSION TENSION

I am a former public sector worker (child welfare). I worked for 33 years for my pension. During those 33 years I paid taxes, bought goods and services and provided needed services to the public. I still pay taxes and buy goods and services with my pension income. I enjoy a very comfortable pension. I paid for 50 per cent of my pension. I make no apology to those who whine about my pension. Unlike Ms. Gerstel, I have an abundance mentality and rather than wishing some had less, I wish everyone could enjoy such comfort during retirement. Great magazine. –*Mike Dupuis, via email*

Zoomerang



*"Don't think of me as a weed dealer—
think of me as Little Pharma."*

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STEP INTO ANOTHER WORLD

THE ZOOMER

Chapter 56

Marijuana Revisited

Is the country finally going to pot? Here's hoping

By Moses Znaimer

THIS PAST JULY, just about 10 years ago, I got an interesting phone call from a politician at the highest level of the Paul Martin government then in charge in Ottawa, who also happened to be a good and personal friend of mine. He knew where I stood on certain social issues and had a question for me. "Moses," he asked, "the Party has decided it can't do both: legalize marijuana or legalize same-sex marriage. Which one should it be?"

Without a second's hesitation, I said, marijuana. I supported same-sex marriage wholeheartedly but first, I told my pal, the government would impact many more people with the marijuana move. Second, because of the thousands who were still being charged and harassed and jailed for small amounts of marijuana possession, the negative consequences of marijuana use were far more dire than the downside of being denied legal same-sex marriage. Finally, I said, we're talking big money into public coffers for all manner of good works if we legalize and tax instead of handing a multi-billion dollar tax-free industry to the Hell's Angels.

I also had had personal experience with the non-recreational benefits of marijuana. When an old knee injury from my squash playing days flared up enough to interfere with my sleep, my doctor prescribed a new highly touted anti-inflammatory. Three months later I woke up to a headline in the morning paper that read:

"Vioxx [which hadn't helped my pain at all] can kill you." In the meantime, I knew that a puff or two was enough to take the top off my discomfort and let me sleep. So the synthetic pharmaceutical that didn't work and could kill me was legal, while the natural herb that worked and wouldn't kill me was illegal. As a result, I became involved in the medical marijuana cause and an advocate for legalization in general. Which is why I repeated my choice to my politician friend. "Marijuana," I said again. "That's my advice."

Of course, the Liberals chose same-sex marriage, and the rest is history. At once, Canada became one of the most advanced countries in the world in terms of recognition of alternative lifestyles and one of the most conflicted in the realm of marijuana. When a third controversial social issue came recently to the fore, Assistance in Dying, the country initially dithered the same way it did with cannabis, with naysayers applying the same sorts of slippery-slope objections to legalization. This past spring, I revisited assisted suicide to see whether the dire warnings of its opponents had been borne out in Washington State and Oregon where the practice had become legalized and regulated. They hadn't and, shortly after my column appeared, the Supreme Court of Canada threw out the federal law proscribing physician-assisted suicide, opening the door to its legalization here, too. So now seems like the perfect time to revisit the marijuana issue: to consider the Canadian status quo, particularly with medical marijuana; to check back on the American experience so far; and to ask that exasperating question again – why is it that this natural plant, which should be so much less of a hot button than same-sex marriage or assisted suicide, still

remains the taboo of taboos?

It was back in the year 2000 that the Supreme Court ruled that Canadians had a constitutional right to use cannabis as a medicine and required Health Canada to make medical marijuana available to the general public. At that point, Health Canada appointed a single provider, Prairie Plant Systems (which was owned in part by a company called Cannasat, of which – full disclosure – I was chairman for a while). The conditions imposed by Health Canada were stringent and self-defeating. For one, they insisted on extremely low levels of THC in the product. The ineffective ground-up and mulched-down result ended up earning Health Canada a terrible reputation as a cannabis provider. I remember saying "They're going to go down in history as the only people who couldn't give marijuana away."¹

Eventually, Health Canada increased the permissible THC levels to the point where the product became somewhat effective. The problem then became how difficult it was for a patient to actually purchase it. Complicated forms had to be filled out, and you needed a prescription from a doctor which, at the time, the colleges governing doctors were reluctant to let them provide, citing lack of qualified research and fear of the law.

Today, more doctors are willing to write prescriptions, but a bottleneck remains. The biggest difference is the increase in the number of medical marijuana providers Health Canada has licensed; from one to close to two dozen today, located in all parts of the country with, apparently, more to come. But there's a caveat. In the previous single legal provider regime, a person who had a doctor's endorsement could also grow a limited num-

PHILOSOPHY

ber of his own plants or get someone else with a green thumb to grow for her. In the new multi-provider system, individuals are *not* allowed to grow their own. This attempted restriction led immediately to a lawsuit, which is now wending its way through the courts. Medical marijuana users who grow their own argue that they're being forced to forsake a reliable low-cost option (growing the strain that works for them for pennies a gram) to buy unknown product from a provider who is charging \$7 and \$10 a gram. For people on a fixed income or with a disability, the financial squeeze can be untenable.

It appears to be the euphoria component in marijuana that the government fears the most. In a country where, since 2003, a majority of citizens have consistently said they favour legalization and see marijuana as less harmful than alcohol, their government is bizarrely opposed. The stance seems to be: "If you're really, really sick and you can prove to us that nothing else works, then with great reluctance and after making you jump through hoops, we will let you have the medicine that works for you. *But*, should you, God forbid, enjoy yourself in the process, we'll throw you in jail!" That, excuse me, is one screwed-up mindset. It's also inaccurate. Not only has THC been shown in several studies to have its own therapeutic benefits but, as any chronic-pain sufferer knows, distraction is a treatment in itself. Euphoria can be part of the cure. If

you're in intractable pain, if you're experiencing constant nausea, if you're grinding your way through a round of cancer treatment and there is a substance that with just a few inhalations (or sips or chews or swallows) can get your mind off the pain and give you relief even briefly, why should our laws begrudge that?

No one knows better how much hogwash there is in the frequently hysterical propaganda spread about marijuana than the generation of whom it has been said, tongue-in-



"Mother, are you sure your marijuana is purely medicinal?"

cheek, that they "invented" marijuana: baby boomers.

Baby boomers know that it's possible to smoke a joint, have an insight or a laugh, get the munchies and not end up in the gutter or engaged in a life of crime. Boomers are also the people – increasingly prone as they are to aches and pains – who are most open to the idea of using marijuana as medicine.

And if the government won't take it from boomers, let them take it from the Americans. On Jan. 1, 2014, the sale of personal-use marijuana for adults 21 and older was fully legalized in the state of Colorado. Six

months later, the overall crime rate in Colorado was down 10.1 per cent from the previous year, violent crime down 5.2 per cent. (The prevailing explanation is that police no longer tasked with arresting pot-smokers and sellers had more time to deal with serious crime.) On St. Patrick's Day in 2014, Colorado police charged 450 people with driving under the influence of alcohol, three with driving under influence of cannabis. In the first half of the year, Colorado's marijuana industry generated \$20 million in state taxes and fees, with the projected figure for year-end between \$60 and \$100 million. Tourism was up in the state, and 10,000 people were employed in its 2,000 licenced marijuana stores.

This past summer, I visited one such store, not in Colorado but in Washington State, which legalized marijuana sale in November 2012. The shop was located in one of the "marijuana-designated" zones, on the outskirts of Seattle in a semi-industrial area next to a row of car lots. The parking was easy, the store was open late and was very well-lit, crisply clean and meticulously organized. The staff was young, pleasant and, above all, knowledgeable. The prices were stiff but not outlandish. It occurred to me it was like being in a hyper-normalized, small, upscale supermarket.

But something else occurs to me now. Maybe when my Liberal politician pal called to get my advice, he was using me as a reverse barometer. Maybe, knowing my talent for controversy, whichever way I said to go, he'd made up his mind to do the opposite. In that case, I'm the father of Canadian same-sex marriage.

I'll take it. **■**

¹THIS ISSUE OF ZOOMER MAGAZINE CONTAINS AN EDUCATIONALLY ORIENTED DOUBLE-PAGE SPREAD PAID FOR BY CANNIMED, THE FIRST OF THE NEWLY LICENCED MEDICAL MARIJUANA PRODUCTION AND DISTRIBUTION COMPANIES UNDER THE MARIJUANA FOR MEDICAL PURPOSES REGULATIONS. BECAUSE CANNIMED'S ORIENTATION AND PROCEDURES ARE SO DEEPLY SCIENCE-BASED AND ITS MANAGEMENT SO EXPERIENCED IN MEDICAL APPLICATIONS, CARP HAS CONFERRED ON IT "CARP RECOMMENDED" SEAL OF APPROVAL.

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Zoom In

THIS WAY UP

ELECTION
EDITION!

Stephen Harper scores big with an endorsement from Wayne Gretzky

Meanwhile, Donald Sutherland endorses Tom Mulcair, former Mississauga mayor Hazel McCallion endorses Justin Trudeau and Justin Bieber says he'll support whoever becomes Canada's next president.



#ThinkingOutsideTheDebate Excluded from the *Globe and Mail's* economic debate, Green Party leader Elizabeth May takes to Twitter to offer rebuttals and scores likability points with voters.

Conservatives hope to entice voters with financial initiatives like pension income splitting, doubling the TFSA and reducing annual RRIF withdrawals It's bound to work out better than their last financial initiative - loaning Mike Duffy \$90,000.

Justin Trudeau defends seniors after Tom Mulcair calls his appearance with Jean Chrétien a "golden oldies tour" Considering Chrétien, at 81, still water skis in his free time, we'd all be lucky to be that golden when we're oldies.

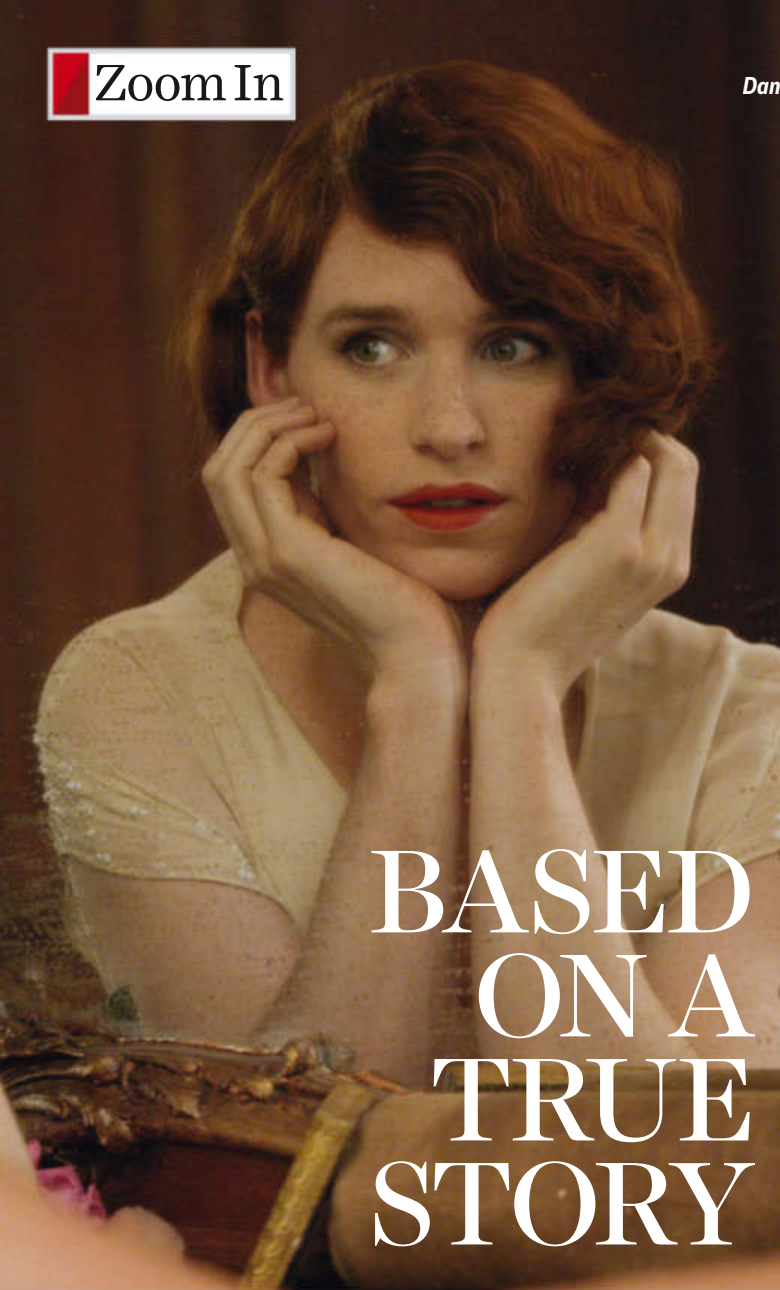
The NDP parody the Tories' anti-Trudeau "He's just not ready" ad, targeting Stephen Harper with the line "Time to let him go" It's far better than their original idea - running an image of Trudeau on a tall staircase with the caption, "Escalators: He's Just Not Ready."

— (AND DOWN) —

Candidates from all parties are forced from the election due to controversial social media posts An advantage for older candidates, whose most embarrassing exploits occurred back when the only thing you "posted on your wall" was "Clapton is God" right above the bed. —Mike Crisolago

"A lot has been said about politics; some of it complimentary, but most of it accurate"
—Eric Idle





BASED ON A TRUE STORY

THIS TIME OF YEAR, there are more than autumn leaves and a chill in the air. Yes, the Oscar hype has begun, and a few new releases are hoping to ride the Academy's favourite genre – the biopic – all the way to the podium. Critics are raving over **Steve Jobs** – based on the enigmatic Apple co-founder – and not just for the stellar performances from actors Michael Fassbender and Kate Winslet but also for director Danny Boyle and Oscar-winning screenwriter Aaron Sorkin. Just how good a “job” does Fassbender do? Apple co-founder Steve Wozniak told reporters after screening the film, “I felt I was seeing the real Steve Jobs in there.” Now that’s what we call an endorsement for Academy voters. Not to be outdone, multiple Emmy-winner Bryan Cranston (*Breaking Bad*) takes on the role of 1940s-’50s McCarthy-era blacklisted screenwriter Dalton Trumbo in **Trumbo**, alongside Helen Mirren as legendary Hollywood gossip columnist Hedda Hopper. And country fans are all atwitter at British actor Tom Hiddleston’s portrayal of music legend Hank Williams in **I Saw the Light**. Making another bid for a best actor statue is fellow Brit Eddie Redmayne, who won for his portrayal of Stephen Hawking in last year’s *The Theory of Everything*. This time around, he plays Lili Elbe, the first transgender person to undergo gender reassignment surgery in **The Danish Girl**. —Kim Izzo

Music



BRYAN ADAMS

gives a whole new meaning to the term “album tour” with his latest disc, **Get Up**, the Canuck rocker’s

first new album of original material since 2008. Produced by legendary singer-songwriter-producer Jeff Lynne, Adams noted that he, long-time collaborator Jim Vallance and Lynne spent a few years sending pieces of the songs back and forth across continents and oceans for each to work on.

“It was a great partnership,” Adams said. “We all worked primarily over the Internet from Canada,

Europe and L.A., sending demos and parts of songs until we got it right.”

The songs, which have already travelled more than some bands do, include nine original tracks and four acoustic renditions that range from Adams’ trademark upbeat rock to slower melodies.

“There is a carefree feeling about this album,” the singer added. “In many ways, it is the album I wish I’d been

able to make 25 years ago.”

Which is saying something, considering that’s around the same time he released his hugely successful disc, *Waking up the Neighbours*, which boasted six hit singles including the Grammy-winning “(Everything I Do) I Do It for You.”

Cue the monster tour. —Mike Crisologo

Get Up is available in stores and online on Oct. 16.



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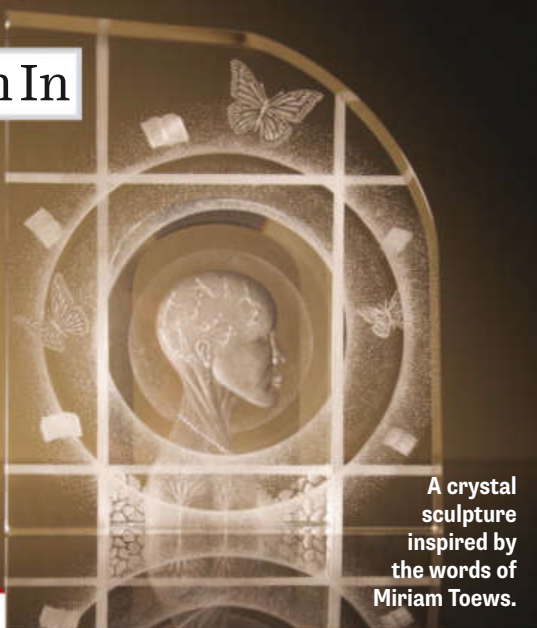
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IN THEATRES OCTOBER 23



Zoom In



A crystal sculpture inspired by the words of Miriam Toews.

Art

TEXT OF LIGHT

The adage “A picture is worth a thousand words” may apply to **Illumination**, a multi-disciplined art project combining crystal sculpture and portrait photography by renowned artist Mark Raynes Roberts that is

inspired by the works of Canadian authors. Taking more than two years to complete the sculptor-photographer spanned 20,000 kilometres and 22,500 photographs, which resulted in 150 black-and-white author photographs and a

12-piece crystal collection. For the sculptural component, Raynes Roberts read passages about light penned by 12 Canadian writers including Margaret Atwood, Leonard Cohen and Alice Munro. The photographs required a more intimate touch and familiarity with the subjects, particularly as many writers are known to be shy or even reclusive.

“What’s so important is the way you communicate with the subject to make them comfortable,” says Raynes Roberts. “Being an artist myself, to put them at ease we could talk about the creative process, about beauty, what’s wrong in the arts, etc. And over time, the author could relax and be them-

selves as I clicked away.”

Initially trained as a goldsmith in his native England, Raynes Roberts fell in love with hand engraving and became a successful entrepreneurial artist, creating such pieces as the Hilary Weston Writer’s Trust Award for Non-Fiction. His work resides in many corporate and private collections and has been presented to such luminaries as Nelson Mandela. —*KI*

Portraits of Canadian Literature (crystal exhibition): Gardiner Museum, Toronto, Oct. 26-Nov. 11. Portraits of Canadian Authors (photography exhibition): Toronto Reference Library, Oct. 11-Nov. 1, and the International Festival of Authors, Oct. 22-Nov. 1.



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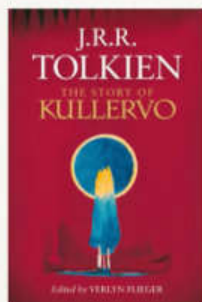
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Must Reads

a TRIO of literary heavyweights top our “to-read” list this month, starting with a new fantasy novel from J.R.R. Tolkien. Yes, that J.R.R. Tolkien. A lost manuscript from the *Lord of the Rings* author has arrived but be warned: this isn’t your classic “Hobbit-riffic” tale. **The Story of Kullervo** is a much bleaker revenge tale about a magical orphan slave’s quest to avenge his father’s death that many liken to one of Tolkien’s other posthumous tomes, *The Silmarillion*. Sure to be a bestseller, you may



wonder if it’s worth walking across Middle Earth to get your hands on a copy. You’ll have to read it to find out. Speaking of best sellers, John Irving returns with his latest novel, **Avenue of Mysteries**, which follows an older man’s journey to the Philippines, along with the dreams and memories he takes with him from a childhood in Mexico and a sister who was a mind reader. Beloved Irish novelist Maeve Binchy receives a posthumous celebration of

her work with **A Few of the Girls**, a collection of stories by the best-selling author that explore the many ways people connect with one another that will surely delight her devoted readers. And legendary actor Dick Van Dyke turns 90 in December, so his new instructional book, **Keep Moving and Other Tips and Truths About Aging** is right on time. We assume one of the tips is “Keep moving but avoid tripping over ottomans as much as possible.” —KI

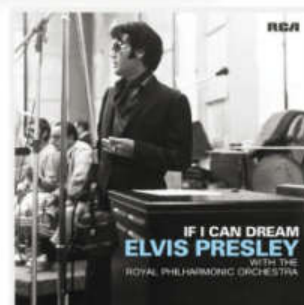
Music

THE KING OF CLASSICAL?

Tucked away in a modest recording studio just off of Times Square on a drizzly New York City evening, Priscilla Presley sits among the gathered listening party as an Elvis Presley cover of “Bridge Over Troubled Water” plays over the loudspeakers. Elvis, however, isn’t alone on the track. A new album, **If I Can Dream**, sees Presley’s tunes remixed to include backing from the Royal Philharmonic Orchestra – a brilliant artistic marriage that draws out the true power of Elvis’s voice and even includes a duet with Canuck crooner Michael Bublé. The following morning, Priscilla sat down with *Zoomer’s* Mike Crisolago to discuss “the album Elvis would have wanted to make.”

MIKE CRISOLAGO: When introducing this album, you noted that Elvis should be known for more than his rock ‘n’ roll.

PRISCILLA PRESLEY: He had a passion for all kinds of music. The rhythm and blues, pop, gospel, opera, classical – he listened to all of it and he got something from all of it. A high note, how someone expressed something – he’d get lost in the music.



MC: Why couldn't he make an album like this during his lifetime?

PP: RCA controlled the music. How do you do what you want to do when your label doesn't even understand you? And Elvis would say that there is so much more to music than that... He was very innovative - way ahead of his time. He was not stuck on, "It has to be this way," meaning it'll never change. He took risks. The bigger, the better, the louder, the more impact, the more dramatic - that's what Elvis loved.

MC: I can't fathom a time when people wouldn't know of Elvis, but you worry he could be forgotten.

PP: My son [with Marco Garibaldi] can listen to [an old recording], and I say, "Do you like this?" [And he says], "Yeah, for back then it was great." That scares me a little bit. And he's in his early 20s. And I'm thinking, "If he's thinking that, so is the younger generation." We lived it and we knew the phenomena. We know the legend that [Elvis] is, and the goal is to try to keep him as current as possible.

MC: You had a really sweet story about "Bridge Over Troubled Water" and what that song means to you.

PP: I remember, just before [Elvis] was to go on stage, his father walked up to both of us and said, "I just want you to know that Priscilla's horse died today." I didn't know he was sick. And Elvis got a bit upset with him. He saw me and he said, "Baby, go to the booth and watch the show." So when he came out to do that song, he looked over and said, "This is for you." So when I heard the song, it just brings me back to that moment.

If I Can Dream: Elvis Presley with the Royal Philharmonic Orchestra
is available Oct. 30.

Extras

MORE with Priscilla discussing Elvis's legacy, interviews with Christopher Plummer and Martin Landau about their new film, Remember, and much more at www.everythingzoomer.com/zoom-in-extras.

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Zoom In

Marilyn Monroe steps out of the Elizabeth Arden salon in New York City in 1955.

Beauty Kim Izzo

PUMP UP Maximize the volume on limp and thinning hair with Shu Uemura's Muroto Volume Pure Lightness Shampoo for fine hair. Containing no paraben or silicone to weigh tresses down, the formula fortifies hair fibre with essential minerals, so hair feels fuller yet light.

SOFTEN UP Chances are your grandmother used it or your mother used it, and now you're reaching for a tube too. When Canadian Elizabeth Arden first created the Eight Hour Cream in the 1930s, she couldn't have known it would achieve cult status. Now the brand has expanded the collection to include an Eight Hour Cream All-Over Miracle Oil that works to soften and condition skin and hair and has a subtle citrus floral scent. Home spa, anyone?

Winter's cold, dry air is no excuse for parched skin and hair

CLEAN UP We love the bath and body care products from C. Booth, a new line exclusive to Walmart, both for its old-school apothecary packaging as well its natural ingredients like olive oil, vanilla bean and coconut that make the products seem good enough to eat. We recommend you stick to slathering and lathering the line of body butters, lotions, washes and scrubs instead.

LIFT UP Clinique's latest skin-care innovation, Sculptwear, promises to target the things we dislike about our aging face and neck - namely, sagging and wrinkles. Using ingredients like soybean extract, which is rich in LPA, a lipid that our bodies contain that has tightening and smoothing benefits, the Sculptwear countouring massage cream mask and contour serum aim to tone and sculpt cheeks, tighten jawlines and reduce the look of fine lines and wrinkles on the neck. If only the products could do laundry too. **Z**



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JET PACK

Commuting to work via jet pack like George Jetson did in *The Jetsons*, will soon be a reality. The **Martin Jetpack** - 34 years in the making - is just two years away from hitting the shelves at a price of US\$150,000. The V-4 two-stroke engine can fly for 30 minutes with a top speed of 74 kilometres an hour and an altitude of 1,000 heart-stopping metres. www.martinjetpack.com

FLYING CAR

Scaramanga eluded James Bond in *The Man With the Golden Gun*, by duct-taping

a pair of wings onto an AMC Matador. The **AeroMobil 3.0** takes a more holistic approach by building its flying car from the ground up, resulting in a flashy roadster that dramatically transforms into a flashy jet with a push of a button. www.aeromobil.com

HOVERBOARDS

When Marty McFly leapt onto a levitating wheel-less skateboard to escape Biff Tannen and his gang of neon-clad punks in *Back to the Future Part II*, millions of minds were collectively blown. Carmaker Lexus makes this future a reality with the **Slide**, a hoverboard that uses magnets



Tech Alexander Joo



and semiconductors to defy physics and mock the gods. www.lexus-int.com/amazinginmotion/slide



SELF-DRIVING CARS

The **Google Self-Driving Car** isn't as cool as *Knight Rider's* KITT, but you're no David Hasselhoff, either. Google aims to eliminate the No. 1 cause of fatal car accidents - us - with these electric cars outfitted with lasers, radar and

cameras that continuously analyze the environment and conditions, and react to them faster than our feeble brains ever could. www.google.com/selfdrivingcar

LUST-WORTHY FEMALE ROBOT

The flirty robot in *Metropolis* looked like a female version of C-3PO. The **Realbotix**, from the makers of the super-realistic *RealDoll*, is a sexier, anatomically correct version equipped with artificial intelligence to follow commands and engage in conversation. Drop US\$60,000 on this, and you'll never hear "Not tonight. I have a headache" ever again. www.realdoll.com

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Lucky Seven

IT'S THE CLOSEST I will probably come to fulfilling a fantasy. I'm a bit obsessed with cooking competition shows and I often picture myself making culinary magic from a basket of mystery ingredients. So when one of my fellow board members at Pancreatic Cancer Canada asked me to appear in a cooking video, I jumped at the chance. The subject was nutrition for pancreatic cancer patients as part of Princess Margaret Hospital's survivorship program. It was a little deflating when I realized I wasn't chosen for my skills as a cook. I was there to give patients and caregivers first-hand tips based on my own recovery from the Whipple operation. But here's the rub – I could barely remember! Of course, I recall that I had to learn to eat again, that one wrong bite often led to excruciating pain and that I could only handle tiny amounts. But I couldn't tell you exactly what I ate or how much.

It has been exactly seven years since I had the operation that took a quarter of my pancreas, half my stomach and fair length of small bowel. Seven years is a good interval for taking stock of where I am, where some of the science is, and what that means for current patients and the estimated 4,700 new ones who diagnosed in Canada in 2014. I have survived long enough to forget the details of an illness that was traumatic. That 2008 surgery saved my life, and it is still the only path to a cure, but only 20 to 25 per cent of patients are eligible for it. The good news is surgical techniques are advancing. When I was diagnosed, if the tumour obstructed ma-


jor blood vessels, the operation was not usually possible. Now Whipples that include vein resections are practically routine, and surgeons here in Toronto are conducting trials on surgery when an artery is involved.

"Much is made of the poor survival from pancreatic cancer," says Dr. Malcolm Moore, president of the BC Cancer Agency. "However, we now see patients living two and three years whereas a decade or two ago this rarely happened, and we're seeing more longer-term survivors." A new treatment made a big difference for people with advanced disease. FOLFIRINOX is a combination of four drugs and can be hard to tolerate. But it has increased one-year survival rates from 20 per cent to almost 50 per cent for people whose cancer had spread. At the personal level, it is bittersweet. My friend Lydia Toporowski was so hopeful when the regimen kept her cancer at bay after she started it in March 2011. The 50-year-old mother of two had a complete remission. She began to dream of seeing her kids graduate from high school. But sadly, Lydia died in May of the following year. The hope is that FOLFIRINOX will be even more effective for patients who have had surgery; the clinical trial testing is ongoing.

No one was more surprised than my doctors when the treatment they tried on me worked completely. "It was an aha moment!" says Dr. Steven Gallinger, my surgeon and head of hepatobiliary/pancreatic surgical oncology program at the University

Health Network. "Similar results had been reported in BRCA2 carriers with breast and ovary cancer." The protocol targeted the BRCA2 genetic mutation I carry and, after my success, doctors here began testing all new cases for the variants of that defect in the hope they would have the same outcome. The numbers eventually settled at five per cent of cases – a small but not insignificant subset. With those numbers, it takes a long time to accrue a proper scientific trial. The results have just been published in the *British Journal of Cancer*. The researchers collected tumour samples from four mutation carriers and three non-carriers, in-

"Surgical techniques are advancing"

jected them into some unfortunate lab mice, and treated them with the drugs that worked for me. And yes, the mutation carriers lived longer than two out of three patients without the defect: 777 days in one case, 681 days in another, versus 562 days and 249 days for the latter – a significant but not spectacular improvement. I recognized my own sample as OCIP28, and I was sad to see I was the only one with a footnote beside my count – 2,047 days. "Patient alive," read the notation at the bottom of the page. 

Libby Znaimer (libby@zoomer.ca) is VP of news on AM740 and Classical 96.3 FM (ZoomerMedia properties).

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Time to Deliver on Health Care

AREN'T YOU SICK OF being called the grey tsunami? It's marginally better than "bed-blockers," but the message is the same: you're the problem, the reason health-care costs are out of control. That will come as a big surprise to the millions of us living happy, healthy lives.

When the little things go wrong, we deal with them. Our generation's self-reliance is a mix of MacGyverism and good old stubbornness. And industry has responded. Broken foot? Crutches are so 40 minutes ago. Now we have knee-walkers – scooters with a cushioned rest at knee height leaving the hands free to steer and carry groceries. Exoskeletons for permanent injuries are already here.

But there are some things that even a home elevator won't solve. We come face to face with it when a fall in the garden or a stroke starts a chain of life-changing events that lands a loved one in hospital and on the waitlist for a nursing home. "Not for me!" you say? Then what are your options? Home care is a patchwork – even if you get it, you don't get the hours you need. So you can afford to pay for it? What professional standards and insurance has the person you leave alone with your mother? Don't bother to check – these aren't usual requirements.

Report after report has detailed the failings of the public health-care system to provide comprehensive, patient-centred care that treats and supports us throughout the "patient journey." But our erst-

while politicians spend their time pointing fingers or abandoning the field altogether as did the Conservative government in refusing to discuss any extension of the seminal Health Accords as well as capping federal funding. The provinces were left pushing a rope and have since scratched out a tentative bulk buying plan for generic drugs, which is a far cry from a national pharmacare program to ensure all Canadians can access needed medications regardless of income or postal code. There's also lots of talk about a seniors strategy. We're still waiting for something to report.

The new government now has the chance to try something better, and they can start by rising to the "truth-to-power" challenge from the David Naylor-led Panel on Health-Care Innovation to fix the fragmented and far from excellent health-care system. The report states bluntly "so long as the system is organized around providers and so long as those providers are paid out of separate funding envelopes, patient-centred care will be easy to announce and difficult to achieve." And that patients are increasingly seeing themselves as "partners in their own care and are less willing to accept poor customer service, including communication gaps and outdated communication technology, long-waiting times, and poorly integrated services." Ya think?


The report calls for a federal Innovation Agency with funding to

identify, co-ordinate and scale up all those great ideas we keep hearing about in this nation of pilot projects as a former health minister called us. The federal role and funding were the "truth-to-power" bits that guaranteed the report slipped out on a Friday afternoon without any fanfare.

The heavy lifting has been done. All the new government has to do is pick up these reports and commit to making the changes that have eluded us for a generation – not for want of advice but for want of political will. It means facing down the vested interests. The Naylor report plainly states that the billions of dollars spent under the Health Accords did not deliver as much change as

"Home care is a patchwork – even if you get it"

hoped since so much of the money was sopped up by doctors and other providers. A recent home-care report said the same thing about administrators. So it's no mystery that the "patients" out here haven't noticed any real improvement.

If the new government tries to tell you that health care is not a federal concern, remind it that there's only one taxpayer, only one patient and only one voter. Deal with us or the deal with the grey tsunami. 

Susan Eng is executive vice-president and chief operating officer for CARP.



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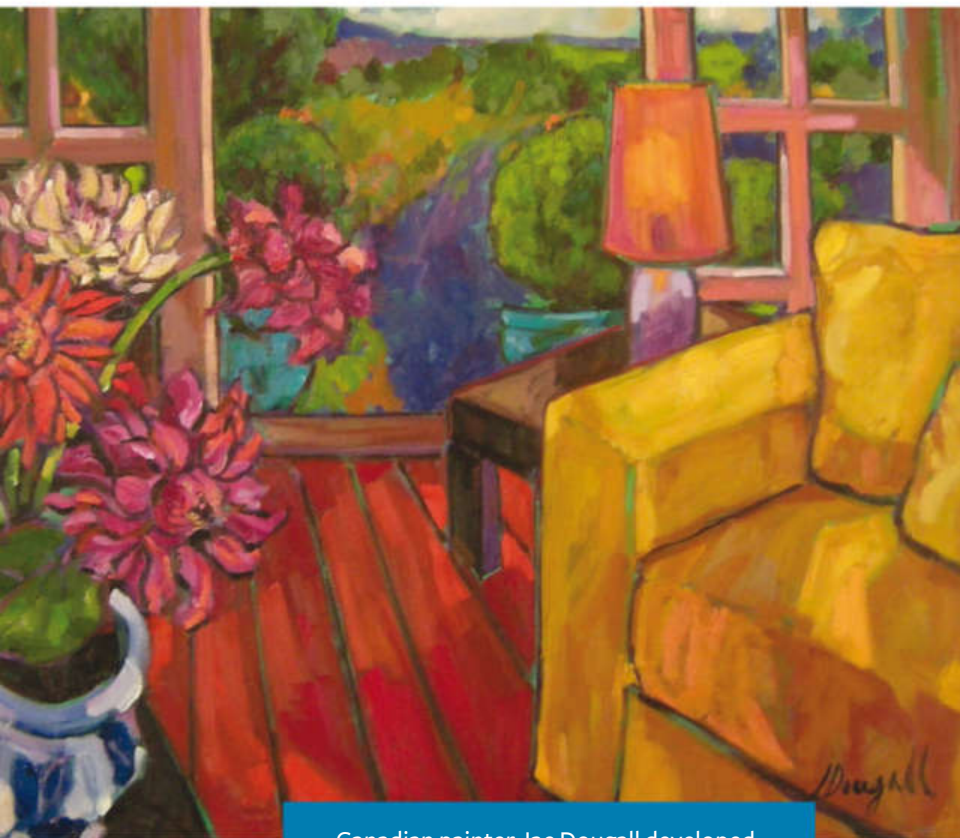
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Medical Cannabis For Pain Relief

Medical cannabis has become a recognized treatment for pain when conventional medicine just isn't enough. Jae Dougall and Kelly Oliphant share their experiences with cannabis for pain relief.



Canadian painter Jae Dougall developed painful osteoarthritis. With medical cannabis, her pain is gone.

JAE'S STORY

► **DECADES OF PAINTING LED TO OSTEOARTHRITIS.** Jae has painted for 30 years on large canvasses, standing with her arms extended in the same position for long periods. After years of repetitive strain, she now has severe osteoarthritis in her elbow.

► **SHE HAS CHRONIC, SHARP PAIN.** Jae's pain was so bad that her physiotherapist recommended she learn how to paint with her left hand—which she did. “When you have pain like this, when it's all of a sudden and it just attacks you, it stresses you out completely. I could be shampooing or brushing my hair, and all of a sudden my elbow locks and it's shocking to the system.”

► **CONVENTIONAL TREATMENTS WERE UNSUCCESSFUL.** Before turning to cannabis, Jae tried many other conventional medications and treatments—painkillers, weekly physiotherapy, acupuncture and even consultation for surgery. The medications didn't work very well, or they worked for a time and then stopped working. She didn't like the side effects and was still experiencing pain. “As a painter, I have to have my elbow. I'm 58 years old but I have no plans of quitting 100% yet. I want to paint more, whatever it takes.”

► **SHE TOOK MATTERS INTO HER OWN HANDS.** Jae's local doctor does not support the idea of cannabis as a medical treatment and would not prescribe it for her. So Jae sought out Dr. David Hepburn in Victoria, British Columbia, to help alleviate her chronic pain.

► **HER PAIN CAN BE GONE IN AS SOON AS 3 SECONDS.** Jae felt relief immediately when she tried medical cannabis for the first time. “It actually was a very relaxing feeling at first.” She

no longer fears sharp pain coming at her. “When I vaporize with it, most of the time I can count 3 seconds and the pain is completely gone.” There are times when the pain is too great and it takes a little longer. But at the very least, her mobility returns first and complete pain relief follows. Jae uses cannabis 2 or 3 times a day as needed, especially when she has a long day of painting. It lasts her 4 to 5 hours.

► **SHE’S A “SQUARE” CANNABIS USER.** Jae says she’s probably the most unlikely person to turn to medical cannabis. “I don’t smoke. I don’t drink. I’m probably square.” She doesn’t want to feel high and found a formula that doesn’t give her that feeling. “It’s very simple, really: Pain. Vape. No pain. That’s it.”

KELLY’S STORY

A radical prostate removal followed by 33 radiation treatments left Kelly Oliphant with nerve damage and chronic pain. Medical cannabis brought his life back.

► **HE HAS SEVERE PAIN FROM RADIATION.** Before prostate cancer, Kelly worked as a parks and recreation labourer, doing everything from driving the zamboni to cutting grass and pruning trees—a job he really misses. Due to aggressive radiation, he now has chronic radiation cystitis, radiation colitis and radiation proctitis. Basically, his nerves were burned. “I ended up, well, I call it being fried across the front. I have a 24-hour sunburn from hip to hip. You can’t see it. It’s inside.”

► **OTHER MEDICATIONS DON’T WORK.** Kelly was on a number of drugs to try and relieve the pain—including dexamethasone, pregabalin, gabapentin and hydromorphone. “None of them

worked. All I ever did was get the side effects,” he says. So he was sent to the palliative care unit of the cancer clinic in Saskatoon, Saskatchewan. The doctor asked if he would be willing to try medical cannabis. Eager to try anything that would work, Kelly got a prescription.

► NOW HIS PAIN IS BEARABLE.

While medical cannabis hasn’t totally taken his pain away, Kelly says it makes it bearable. “It goes from an 8 or 9 down to a 2 or 3. It works.” Now the only medication he uses to treat his pain is medical cannabis. He vaporizes a few times a day, depending on his activity level.

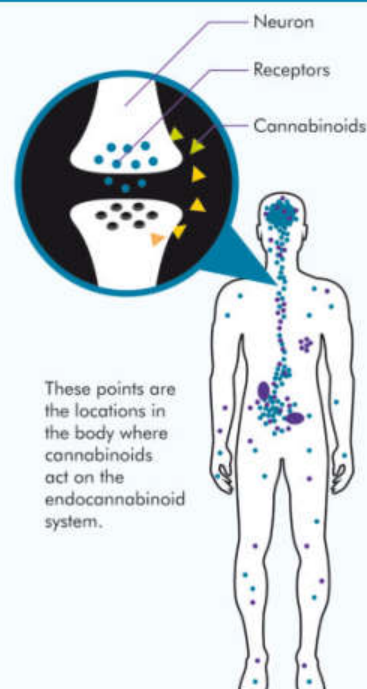
► IT’S NOTHING LIKE THE STREET

DRUG. Kelly says he doesn’t get stoned from medical cannabis and that you’d never know he was taking it. “I can still function perfectly well with it. I’ve seen guys that couldn’t move after smoking the street drug. But with this stuff, I can go about my business and do whatever. It’s brought my life back.”

► **THE STIGMA HAS TO GO.** “We have to get rid of the stigma somehow so that people who need it can actually get it,” Kelly says. His local doctor won’t prescribe cannabis, so he has to drive 130 kilometres to the cancer centre. And because he relies on cannabis daily for pain, his mobility outside of Canada is limited. “I can’t take a winter holiday because you can’t cross the border with it. There are some places that you can go, but you have to be referred or see one of their doctors to get it there.”

► **HIS FAMILY IS SUPPORTIVE.** Kelly’s kids think he should have used medical cannabis a long time ago. His wife was hesitant at first. “Let’s just say that on the way back from Saskatoon, it was a very quiet ride in my car. It was like my wife was the head of the DEA and I was the head of the cartel.” And now? “She’s seen what it can do and how it relieves my pain, and she’s 100% for it.”

WHY CANNABIS WORKS



Medical cannabis works by

harnessing your body’s endocannabinoid system. This system is involved in many processes, including pain sensation, appetite, mood and memory. Your endocannabinoid system naturally produces chemicals similar to those found in cannabis. These chemicals pass messages between the brain and different parts of the body through your neurons and receptors. Some medical conditions affect the proper functioning of the endocannabinoid system, which can lead to symptoms such as pain.

The active chemical ingredients produced by cannabis are called cannabinoids. There are more than 100 different cannabinoids, but research has focused on two of them: delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). The cannabinoids from cannabis supplement the cannabinoids normally produced by the body. They bind to pain receptors and alleviate the pain signals sent to the brain.

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**SNOWBIRD
SPECIAL!**

DOWN MEXICO WAY ... AND MORE

By Peter Muggeridge



With rising home prices in the U.S. Sunbelt and our ever-shrinking loonie, Canadian snowbirds are expanding their migratory reach, seeking sunny places to land in the Caribbean and central America. They're not only finding warm weather, beautiful beaches and interesting cultures but attractive property deals and a more affordable cost of living. For those adventurous and deal-seeking snowbirds, here are 10 money tips to keep in mind.

■ **Where we're buying** In 2014, Canadians invested an estimated \$5.2 billion in vacation properties stateside, with the majority buying in Florida (41 per cent), Arizona (16 per cent), Hawaii and California (seven per cent each) and Nevada (six per cent). While that's still a lot, it represents the lowest amount we've spent on U.S. properties since 2009 and another year in which buyers from China purchased more U.S. real estate than Canadians.

■ **Budget for the lower loonie** Why have U.S. sales slowed? In a recent survey, 65 per cent said the weak dollar had a "moderate to significant" impact on their decision not to buy. To illustrate this point: on Jan. 1, 2013, the Canadian dollar was at par with the U.S. greenback. At press time, it was worth \$0.75. So, a \$200,000 vacation condo in Arizona would cost you over \$67,000 more this year than it would have two years ago.

■ **Lawyer up** Buying property in foreign destinations can be a legal minefield. In Mexico, for instance, foreigners cannot own beachside property unless they set up a bank trust. Although that may sound dodgy, Steve Corfeld, an ex-pat who sells real estate for Century21 in Cabo San Lucas, assures skeptics that "Canadians have been doing it this way for decades, and no one has ever been expropriat- ►

*"So little snowbird
take me with you
When you go
To that land of
gentle breezes
Where the peaceful
waters flow"*

—Anne Murray's
"Snowbird," written
by Gene MacLellan



ed from their land or had it taken away by the Mexican government.” His main advice: get all legal documents translated.

■ **Save when shopping** When visiting foreign destinations, save your shopping receipts (airport slips, travel documents, etc.) in order to claim a sales tax refund on departure. If you’re one of the two million Canadians who travel to Mexico each year, can receive an 8.9 per cent sales tax refund on the total amount spent while on vacation. Companies like MoneyBack Mexico (www.moneyback.mx) will process your refund and apply it right to your credit card.

■ **Go where age is an advantage** Some countries entice snowbirds to stay permanently by offering special visas. Panama, for example, allows retirees to apply for a special visa that gives them discounts on hydro, electricity, medical services, dental and eye exams, public transportation and recreation activities. Similarly, Belize offers ex-pats (55 and over) a Qualified Retired Persons visa, which exempts them from income, state and import taxes and grants them a 25 per cent reduction on property taxes.


■ **Bank like home** In many Central American and Caribbean countries, you’ll have the comfort of dealing with Canadian financial institutions. Kim Goddard, director of sales for the Royal Westmoreland (a high-end vacation resort in the Barbados) points out that the island’s banking sector is almost completely dominated by familiar names: RBC, CIBC and Scotiabank.

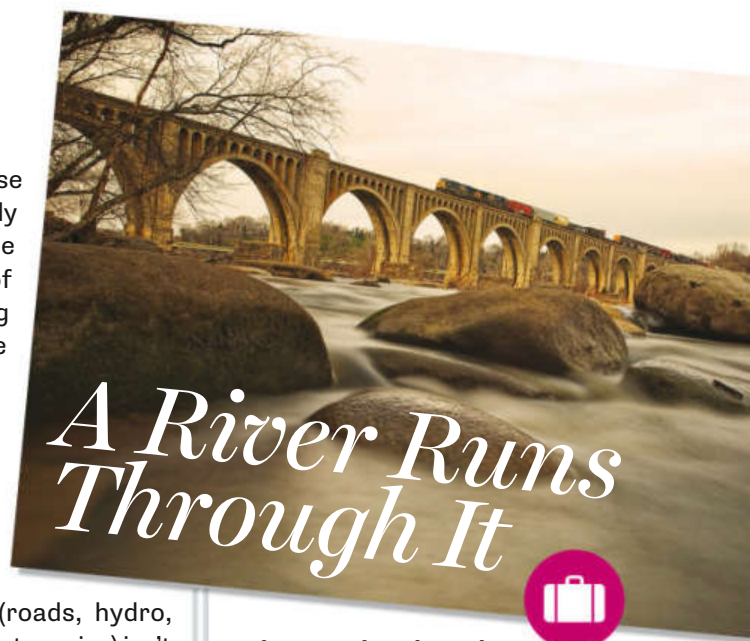
■ **Buy a slice of the dream** Fractional ownership of vacation properties is an increasingly popular way Canadians are buying at least a slice of the luxurious snowbird experience. Goddard notes that

a fractional purchase gives the buyer a fully transferable, sellable and willable share of the property, along with access to all the resort’s amenities. The hook is that they only pay for the time they actually spend at their property.

■ **Be patient** In poorer countries, the infrastructure (roads, hydro, electrical grid, Internet service) isn’t close to the level we’re accustomed to at home. But as more snowbirds arrive and purchase property, says Sharry Sampson, policy analyst for the Belize Chamber of Commerce and Industry, government and private companies are investing more to improve infrastructure. She notes that a new highway connecting Belize City to the tourist areas has recently been completed and that the country now has three modern privately run hospitals.

■ **Beware the hidden costs** Snowbirds are lured to Central America because of their very low property tax rates. However, some countries will nail you with expensive (and hidden) closing charges, land transfer taxes, legal fees, stamp duties, etc. Make sure you get your real estate agent to spell out all costs before you buy.

■ **Research tools** Want to find out what you’ll pay for a kilo of rice in the Dominican Republic or a bottle of wine in Barbados? Budget your trip by visiting Numbeo.com or Nationmaster.com, two excellent online databases full of user-provided statistics – including crime rates and local cost of living including local prices on housing, food, clothing, transportation and utilities for any destination you choose. 



A River Runs Through It

Along the banks of the Potomac in Virginia, Ted Barris discovers quintessentially American characters rooted in military heritage

ARLINGTON AND REMEMBRANCE

Canadians honour their war dead mostly where they’ve fallen, in Commonwealth War Graves Commission cemeteries across Europe and Asia; they pay tribute to them each year on Nov. 11. Americans honour their war dead where they’re buried in the U.S., and they do it year-round. That tradition governs no place more than Arlington National Cemetery, the country’s national military cemetery, where historian Steve Carney guides specific groups to the eternal flame at John F. Kennedy’s gravesite, the changing of the guard at the Tomb of the Unknown Soldier and (if his timing is right) to where the honour guard prepares a team of horses and carriage for a contemporary burial.

While Carney’s lineage reveals military service in both ►

“What would happen if we died while away?”

Getting ready for a holiday takes careful planning

It's unlikely, but not impossible: While travelling or staying abroad, you could pass away unexpectedly, a risk that increases for older travellers. If you were to die while abroad, your loved ones could be faced with a lot of bureaucratic red tape and thousands of dollars in travel expenses in order to bring your body home. By planning ahead, you can greatly ease this potential burden.

First, if you've already made your own funeral arrangements, be sure to leave detailed information with family before you go, so they know exactly what to do and who to call. Many prepaid plans enable the funeral director to arrange for the transportation of the deceased over short distances, but certain plans may also cover international transportation for an added fee, cutting through the red tape and sparing your loved ones the extra financial and emotional strain.

Pre-planning can also be valuable in other ways. If you haven't already completed your arrangements, look for a funeral home that can take care of the various statutory or customs requirements of the country you'll be visiting, so your family won't have to deal with any language barriers and complicated regulations involving the handling of a body. Prepaid funeral plans can vary considerably, so talk it over in detail with your pre-arrangement professional. Know exactly what your funeral home is able to provide you while you are away.

Your next step is to consider the need to purchase travel insurance. Some insurance policies may cover the body preparation, paperwork, associated certificates, the casket and the transportation of the body or cremated remains from the place of death to Canada, and then to your funeral home. Review everything the policy would cover before purchasing insurance, to ensure your needs are taken care of.

By prepaying your funeral plans and having adequate travel insurance, you can minimize the financial upset and logistical challenges your family would face if you were to pass away unexpectedly in a foreign country. Your loved ones may also receive significant help from the Canadian embassy or consulate in the country you were visiting. For example, the embassy or consulate can help identify remains, authenticate a local death certificate for insurance or repatriation purposes, help to obtain information from local authorities on the circumstances surrounding the death, and provide assistance in returning personal effects to Canada.

Holidays help us to relax, and you deserve this vacation. It's more than likely you'll enjoy your trip fully and return home safe and sound. But by preparing for the worst-case scenario, you might just relax a little more, knowing you've done all you can to protect and help your family if they were faced with difficult responsibilities at a time of loss. ■

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Memorial Amphitheater at Arlington National Cemetery. Inset: Marine honour guard's medals. Opposite: Dixie Bones BBQ patrons' crests add a military note.



World Wars and the Korean War, when Steve came of age, his Type 1 diabetes prohibited enlistment. He therefore channelled his own public service into war history studies at Slippery Rock University in Pennsylvania. Post-grad, he worked at the U.S. Army Center of Military History, conducting research of the U.S.-Mexican War (1846-48). At the same time, he volunteered at

Arlington National Cemetery to help in the transition to a new history of fice. Last year that evolved into full-time work at Arlington, conducting tours, interpreting history and carrying on that public service.

"I'm here servicing those who did serve, ensuring their history is captured," Carney says. "I can't imagine any place other than here I'd want to work."

ART IN ALEXANDRIA

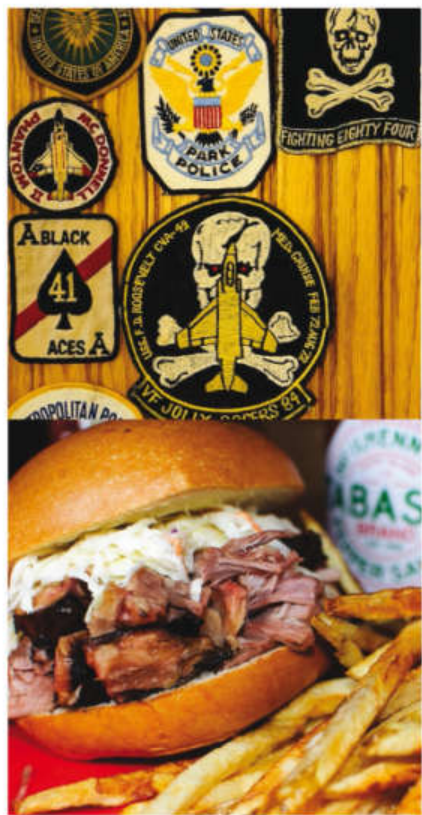
Around Alison Sigethy's art-studio location on the Alexandria waterfront resides enough American history that the waterway is nicknamed "the Nation's River." The country's first president, George Washington,

spent most of his life within the Potomac River basin – which flows through the District of Columbia and Virginia as well as three other states. Confederate Gen. Robert E. Lee invaded the North twice by crossing the Potomac for battles at Antietam (1862) and Gettysburg (1863). And there's the U.S. Naval Torpedo Station, which manufactured torpedoes for submarines and aircraft in the Second World War – now converted to the Torpedo Factory Art Center and home to six art galleries and 82 art studios, one operated by Sigethy, a glasswork artist. She hadn't planned to add to the naval history of the Potomac but, because of her own blood connection to the U.S. military

– her father served 31 years in the U.S. Air Force – and her fascination for the symbolism of water transport, Sigethy will soon enhance the maritime lore along the eastern shore of Virginia. Hanging above the worktables of Sigethy’s third-floor studio is the wooden frame of a 17-foot kayak. Soon, the empty compartments of the vessel will house glass impressions – a hundred of them – that Sigethy will recreate from family photos, many of them of her late parents’ 60-plus-year marriage.

EATS IN WOODBRIDGE

A short drive inland from the Potomac, Nelson Head’s life’s journey is exhibited daily in the entrées and service hand-delivered at his family restaurant. Head’s specialties of barbecued pork, pulled chicken, beef, ribs and catfish come from family tried-and-true recipes and have drawn repeat customers to his Dixie Bones location on Occoquan Road in Woodbridge, Va., since 1995.



But becoming a restaurateur wasn’t Nelson Head’s first career choice. With family ties to the military going back to the Revolutionary War, Nelson at 22 in 1968 decided to become a Navy pilot. He had graduated from Washington and Lee University in Lexington, Va., where Robert E. Lee served as school president after the Civil War. For Head, studying there meant “that anyone attending Washington and Lee was, by design, immersed in Civil War history,” Head said. “When I was stationed at Virginia Beach, I used to fly up and down the Shenandoah Valley boring the unlucky guy in the back seat [of the Navy jet] with stories of [Stonewall] Jackson’s movements in the 1862 valley campaign.”

When his Navy commitment was up, Head took an honourable discharge and joined his father running a computerized automotive reporting service. Next, in the 1980s, he tried real estate development and went broke. Finally, he decided, “At least I could eat if I went into the restaurant business.”

The fare would be Southern barbecue because the economics work well – the secret to serving 350,000 meals a year was in a down-to-earth approach to the cuisine: use family recipes, never scrimp on the quality of ingredients; pay attention to detail (he’s always got Julia Childs’ book *The Way to Cook* handy in the kitchen); and listen to customers. That even helped him enhance Dixie Bones’ decor. Almost from the beginning, the restaurant attracted those training at Quantico, the FBI Academy up the road. Since Nelson had hung some of his Navy uniform patches on the restaurant walls, police and military trainees from the academy offered to add their crests to the display. Head said that by adding the visitors’ crests (now numbering about 500) – it’s affirmation that “these people own this place.”

THE IRS & YOU: Part 1

By Gordon Pape

IMAGINE opening your mail and finding a bill from the U.S. Internal Revenue Service (IRS) for \$48,730.57.

That’s exactly what happened to me during the summer, and I’m not a U.S. citizen. I don’t even own property in the States.

Needless to say, I was shocked. Then I was angry. I suddenly understood first-hand what the estimated one million Canadian residents with U.S. ties are experiencing as the IRS aggressively pursues anyone who has



failed to file an American return declaring their world-wide income.

The U.S. is the only country in the Western world that requires its citizens to file returns and pay taxes no matter where they live or where the money is earned. For years, the IRS pretty much ignored people living abroad but now that's changed. If you're a "U.S. person" – a citizen by birth or naturalization or someone who once worked in the country and held a green card – you're fair game.

Everyone who holds U.S. citizenship, no matter where in the world they reside, is a target. The IRS even went after the Lord Mayor of London, Boris Johnson, who was born in New York City while his father was a student there, thus making him a dual U.S./U.K. citizen. After Johnson sold his London home recently, the IRS demanded a share of the profit. The Mayor protested but finally paid up. He's now planning to renounce his U.S. citizenship.

Even if the IRS just *suspects* you're an American, you may end up with an official letter demanding an exorbitant amount of money. That's what happened in my case.

I was born in the U.S. and lived there until I was 13. As a matter of routine, my parents obtained a social security number for me. In 1967, I decided to become a Canadian. I felt that this was my country and what better time to make the move than the 100th anniversary of Confederation. Plus it was the year of my first child's birth.


At that time, the U.S. did not recognize dual citizenship. The U.S. Embassy in Ottawa (where I was working at the time) informed me that if I became a Canadian, my American citizenship would be revoked. Too bad, I thought, but my mind was made up. I took the oath to the Queen, and the U.S. State Department promptly issued a Certificate of Loss of Nationality of the United States. Fortunately, I still have the document.

Flash forward to now. I'm a snowbird, spending part of each winter in Florida. Canadians who are in the U.S. for a significant amount of time each year are advised to file a 1040NR tax return with the IRS, together with a closer connection form, explaining why you should not be treated as a U.S. resident for tax purposes. As part of this documentation, you are asked to state the amount of your Canadian income for the year in question.

I dutifully sent off the filing, as I had done for several years, expecting the usual non-response from the IRS. Instead, I got hit with the \$48,000 bill. Whoever reviewed the return had arbitrarily decided that since I had a social security number I must by definition be a U.S. citizen. Therefore, the tax treaty between our countries did not protect me, and I was subject to American taxes. No attempt was made to contact me to verify my citizenship

status. The Canadian income I had shown was expressed in U.S. currency on a par basis. No effort was made to find out how much tax I had paid in Canada (that requires completion of IRS form 1116 if you ever need it). The IRS simply calculated U.S. dollar tax based on my Canadian dollar income and sent off the massive bill.

The warning for snowbirds is clear. If you file a 1040NR and a closer connection form, you may find a similar unpleasant surprise in your mailbox (I'd like to hear from anyone who has). Be prepared.

As for my own case, I have sent the IRS a copy of the Loss of Nationality certificate and am awaiting their response. I certainly have no intention of paying them \$48,000 – or anything, for that matter. 

Gordon Pape is the editor and publisher of the Internet Wealth Builder and Income Investor newsletters, Visit his website at www.buildingwealth.ca.

Editor's Picks Vivian Vassos



WHAT TO PACK

Why not these head-to-toe essentials, inspired by our favourite destinations?

■ FROM FRANCE

On a flight from Munich to Toronto, the gentleman next to me dumped a full glass of water in my lap. I was wearing jeans. Soaked through. The flight attendant, however, assured me said jeans would be completely dry upon arrival. She was right. I could only imagine how dehydrated my skin was! So, to save your skin in flight and beyond, here are two to try: **Vichy Laboratoires Aqualia Thermal Dynamic Hydration**

Power Serum promises 48 hours of hydration; **La Roche Posay's** Substiane + Fundamental Volume Anti-Aging Concentrate may help pump up mature skin's moisture "holding" power and stimulate cellular activity. ►



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■ **FROM THE U.K.** Last year, **Hunter** introduced the Original Tour Neoprene boot, inspired by its Highlands origins. A mashup of the company's tried-and-true rubber

Wellington with the same high-traction tread but with the leg shaft constructed from soft neoprene. Aside from black or dark olive, you can now slip them on in umber, khaki brown (left) or midnight blue. Whether your packing style is folder or roller, the boot will fit like a glove – in your suitcase, that is. www.hunterboots.com



■ **FROM CANADA** Carry on with this backpack, the ultimate in **Roots**' heritage cool. It's a hybrid of utilitarian nylon,

lightweight leather and updated hardware, evolved from the company's stylish flat-bag design. Great for travel (an under-the-flap zipper provides greater security), it also gives you multi-wear options: adjust the straps into a shoulder bag, a cross-body bag (another Roots favourite) or simply remove them for evenings out. *Nylon/leather Charlotte pack, Roots Canada*



THE IRS & YOU: *Part II*



EVEN IF YOU'VE NEVER set foot in the U.S., the IRS may be snooping into your financial affairs. Recently, I received a letter from RBC Dominion Securities, asking me to complete a U.S. W8BEN form for my brokerage account. The company said it would not share the information with the IRS, adding: "We are simply required to have it on file to continue to offer you the preferential tax rate and confirm your non-U.S. status."

Failure to comply, RBC warned, could subject me to a higher rate of withholding tax on U.S. source income such as stock dividends and lead to the imposition of "trading restrictions on your account, limiting you to sell orders only in U.S. securities."

This is all as a result of the passage of the Foreign Account Tax Compliance Act (FATCA) by the U.S. Congress in 2010. The purpose is to catch "U.S. persons" who are trying to evade taxes by holding financial accounts outside the States. It's the old using-a-hammer-to-kill-a-fly routine. Canadians are being coerced into proving they are not U.S. persons, under threat of higher taxes and loss of trading privileges.

Technically, the brokers and banks don't report this information directly to the IRS. Instead, they make it available to the Canada Revenue Agency (CRA), which then passes it on. Either way, it ends up south of the border.

So can any other personal tax information that you send to the CRA. A spokesman for the Agency confirmed that under tax treaties personal tax information is "regularly being exchanged with the U.S. Internal Revenue Agency (IRS) and many other foreign tax administrations."

Whatever happened to national sovereignty and tax privacy? They no longer seem to exist. —GP



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Art Basel-Miami Beach, one of the world's richest art fairs, has graced the city's pink sidewalks since 2002. A hot date on the social calendar, this year expects 70,000-plus art lovers, as some 250 of the world's top galleries offer a cornucopia of works from contemporary masters. Dec. 3-6, 2015, artbasel.com/en/Miami-Beach

But note that each Florida art season has its own resonance due to the nature of the changing shows. This year, there is a number of tantalizing exhibitions featuring women artists.



Sarasota

Ringling Museum of Art: Circus memorabilia and a trove of world-famous paintings by Peter Paul Rubens are centre stage at one of the world's great collections built by the circus family dynasty. www.ringling.org



Tampa

Tampa Museum of Art: *Self-Taught Genius: Treasures from the American Folk Art Museum* features classic homemade folk art in the grand tradition of do-it-yourself know-how. Oct. 1, 2015-Jan. 8, 2016; tampamuseum.org ►

ART TOUR

Gallery hopping in the Sunshine State
By Peter Goddard



UNCERTAINTY has become the new certainty for just about any trip to the American South during the winter with wicked fluctuations in weather, currency and gasoline prices. One sure thing can be increasingly counted on: art. Great art. Top-drawer museums of every shape and size across Florida offer weatherproof visual joys with their jaw-dropping quality of major works.

Looking for a beach? How about *Enchanted Beach with Three Fluid Graces*, a dreamy large scale 1938 painting by the Catalan surrealist genius oddball Salvador Dalí, permanently installed in the divertingly quirky Salvador Dalí Museum,

overlooking a glittering yacht basin in St. Petersburg. It was built in 2011 for \$36 million to withstand any extreme, from hurricanes to floods.

Though cultural tourism has long been a money-maker throughout the American South, Florida's art boom is relatively recent due in part to new money poured in recent years into new museums. Some \$34 million went to the classy glassy Tampa Museum of Art, \$131 million went to the Pérez Art Museum Miami. "Investment has been increased in the arts because cultural tourism continues to grow" says Kathy Greif, spokesperson for The Dalí. "And Canadians are our No. 1 group of international visitors by far."



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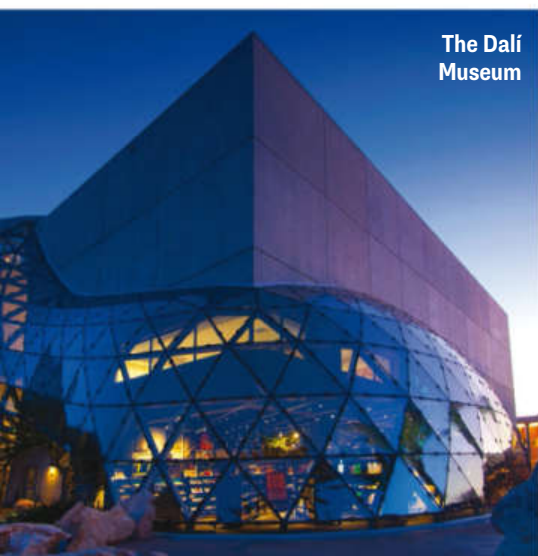


St. Petersburg

Museum of Fine Arts: *Marks Made: Prints by American Women Artists from the 1960s to the Present*. Women's role in printmaking is celebrated through the work of leading American artists like Helen Frankenthaler and Joan Mitchell. Oct. 17, 2015-Jan. 24, 2016; mfa.org

Chihuly Collection/Morean Arts Center: The Chihuly's permanent collection includes the fabulous *Ruby Red Icicle Chandelier*, one of superstar glass artist Dale Chihuly's signature pieces. moreanartscenter.org

The Dalí Museum: *Disney and Dalí: Architects of the Imagination*. The centrepiece for this don't-miss-it show is *Destino* ("Destiny"), a wild and wonderful six-minute animation that may be the first art cartoon in history. Starting January 2016; TheDali.org



The Dalí Museum



Miami

Pérez Art Museum Miami: *Nari Ward: Sun Splashed*. A retrospective by Jamaican-born U.S.-based art star Nari Ward who is best known for wonderfully quirky sculpture assembled from found objects. Nov. 19, 2015-Feb. 21, 2016; pamm.org

University of Miami's Lowe Art Museum: *The Portrait Transformed: Drawings & Oil Sketches from Jacques-Louis David to Lucian Freud* with 151 rare portrait drawings and oil sketches, including the TV famous drawing of director Alfred Hitchcock. Oct. 23, 2015-Jan 17, 2016; lowemuseum.org

Wynwood Walls: The one-time Puerto Rican enclave transformed by a \$35 million renovation into a centre for dozens of funky galleries has restaurants and the Rubell Family Collection, one of the world's largest privately held collections showing the likes of Damien Hirst and Andy Warhol. rfc.museum

Bass Museum of Art in Miami Beach: The elegant Art Deco museum, although undergoing renovations, offers a series of bassX exhibitions at the Miami Beach library across the way with work by Rachel Harrison (Oct. 15-Nov. 15, 2015) and performances by Sylvie Fleury (Dec. 1, 2015-Jan. 10, 2016). www.bassmuseum.org



ART DALLAS

Considered by curators at the Dallas Museum of Art as a "once-in-a-lifetime" exhibition, *Jackson Pollock: Blind Spots* features one of the most comprehensive curation of works from the artist's "black paintings" period, along with paintings out of the archives - some not seen for more than 50 years - and others believed to have been lost but now found.

Until March 20, 2016; www.dma.org If nature's more your thing, *Creatures of Light: Nature's Bioluminescence*, on now at the Perot Museum (yes, as in Ross), sheds a spotlight on the world of plants and animals that glow - including those down in the briny depths of our oceans. www.perotmuseum.org; www.visitdallas.com -VV

PHOTOGRAPHY, JOHN COLETTI (THE DALÍ); JOE RAEDLE (PÉREZ ART MUSEUM); MARTHA HOLMES (POLLOCK)

CROSS-BORDER STOPPING

If you're driving south from Ontario, these are worth a look en route, depending on how you go. **Via Buffalo** Albright-Knox Art Gallery: B.C.-born Brooklyn-based videomaker-sculptor-photographer *Erin Shirreff* creates video out of an assemblage of multiple photographs she takes of a single discarded photo. Jan. 23-May 8, 2016; albrightknox.org **Via Detroit** Detroit Institute for the Arts: *30 Americans* Some 70 pieces feature the past 30 years of work from African-American art stars such as Kara Walker, Carrie Mae Weems and Glen Ligon. Oct. 18, 2015-Jan. 18, 2016; dia.org -PG

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Dysfunction Junction

Half of all men over 40 experience some degree of erectile dysfunction (ED). **Lisa Bendall** gets the Rx on what's new

AS THE SAYING GOES, it can happen to anyone. But it's more prevalent with age and in men with certain health conditions like diabetes, high cholesterol or high blood pressure. For almost 15 years, we've used oral medications, PDE5 inhibitors, which block an enzyme that softens erections. Three are currently approved

Ont., "because they are, in many cases, going from no function to better function."

■ **Viagra has success with the most men but also has the most side effects.** That's according to *European Urology*, which published an analysis earlier this year comparing seven PDE5 inhibitors used around the world. (Cialis had the least side ef-

fects, but was also less effective. Even poorer performers were Levitra and another drug which is not available in Canada.)

But not all pills are for all people. Side effects (like headaches and nasal congestion) may vary, as can effectiveness and other factors. So how do you pick your perk-me-up? These factoids may help.

■ **Mild, moderate or severe ED makes a difference.** PDE5 inhibitors work best on men whose ED is mild or moderate. But they may mean the *most* to men with severe erectile dysfunction. "Those are my happiest patients," says Dr. Gerald Brock, a urologist in London,

in Canada: sildenafil (Viagra), tadalafil (Cialis) and vardenafil (Levitra and Staxyn).

■ **If one doesn't work, another one might.** The response rate varies from 60 to 90 per cent (men with severe diabetes, for instance, will be in the low range). But where one drug fails, another may pass. "It's difficult to predict without really trying it," says Brock. "In my experience, about 50 per cent of patients who do not respond to one can be salvaged by turning to another."

■ **Food, alcohol and timing all matter.** Feel like starting your steamy date with a gourmet meal? "With Cialis, it doesn't matter if you have food. With the others, fatty food will decrease the efficacy," Brock says. Hold back on the bottle, however. PDE5 inhibitors shouldn't be combined with heavy drinking. There are also differences in wait times: Viagra and Levitra take an hour to reach peak (so to speak) effectiveness, while Cialis can take two hours.

■ **Daily Cialis is a new option with some advantages.** Cialis can now be taken daily at a lower dose than the rise-on-demand pill, with fewer side effects. And there's no wait for it to work. Daily Cialis has also been approved for treating lower urinary tract symptoms, if that's an issue.

■ **Some men should avoid PDE5** ➤

WHAT'S THE FUSS OVER FLIBANSERIN?

All the newspapers - not to mention the gals at book club - are calling it the "female Viagra." But the truth is flibanserin is nothing like the pill men take to enhance erections. Rather, it's taken every day and is meant to treat sexual desire disorder in premenopausal women. (Lack of desire is only considered a "disorder" if it's actually both-

ering you or interfering with your relationship because it's hard to diagnose unless it's cramping your style.) The drug activates serotonin receptors in the brain. How that helps low sex drive, though, remains a mystery.

Newly approved in the U.S., flibanserin arrives with more than a little controversy. The medication takes weeks to start working, and even then will only help about one in 10

women. The side effects - including low blood pressure and fainting - can be serious and made worse with alcohol. Women taking it can't have even a single glass of wine. Still, Quebec-based Valeant Pharmaceuticals is banking on it, having bought the drug's makers for a billion dollars.

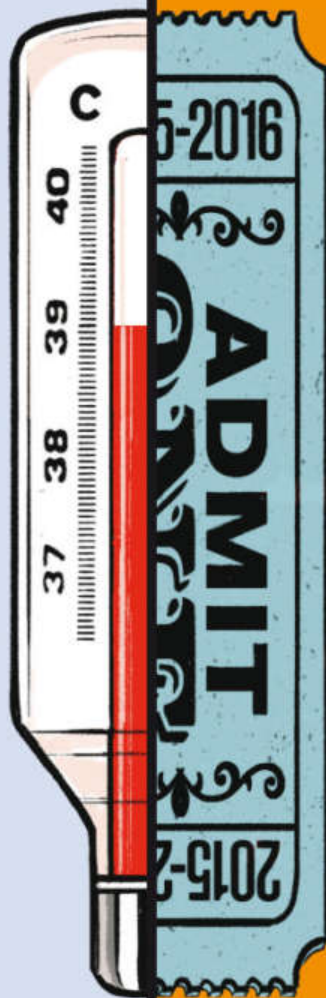
Why can't women just take Viagra? After all, studies show it stimulates lady parts. But other reports

suggest that since women's sexual drive is complicated - they don't necessarily feel like doing the wild thing just because their bodies are aroused - Viagra isn't an easy answer. (When will scientists discover that the biggest turn-on is watching someone else wash the dirty dishes?) -LB



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What's Coming

Imagine visiting your doctor once a year for your annual erection injection! That could be in the cards. Researchers are working on gene therapies that will target pathways or nerves that enhance function, with clinical trials expected within 10 years.

inhibitors altogether. These medications aren't for men with cardiac disease so severe that it's unsafe to have sex. It's also dangerous to take them if you're already on nitroglycerin, or have retinitis pigmentosa eye disorders.

■ **Forget "sexual enhancement products" or "herbal Viagra."** These so-called natural products may actually contain unapproved PDE5 inhibitors, so don't experiment. "It's just too dangerous," says Brock. "Prescription medications are a heavily regulated industry, but it's the absolute Wild Wild West if you're going on the Internet or into health stores."

■ **You can take some control.** If you're in your 40s and struggling with erectile dysfunction for the first time, it's important to tell your doctor, as that's been shown to be a strong predictor of underlying cardiovascular disease. Otherwise, help preserve your sexual function by looking after your physical health. Eat well, get exercise and don't smoke. 


Case Study Dr. Zach

RED-BLOODED

MORE THAN 10 per cent of those older than 65 years are anemic, which is a deficiency of red blood cells or hemoglobin, a protein in red blood cells that carries oxygen. And the prevalence tends to increase with age. The good news is that, in the majority of cases, it can be accurately diagnosed and treated.

The most common type of nutritional deficiency causing anemia is iron deficiency. Anemia of chronic disease may be associated with cancer, chronic renal failure, collagen vascular disease or a chronic infection. A growing cause of anemia of chronic disease, especially in older adults, is medications that suppress the bone marrow, decreasing the production

of red blood cells, and older adults with several chronic illnesses often require multiple medications – 40 per cent use five or more medications weekly (from clevelandclinic.org). Medications that may contribute to anemia include ACE inhibitors such as ramipril and lisinopril; ACE receptor blockers such as losartan; antibiotics such as sulfatrimethoprim; and certain anticonvulsants.

Check with your doctor, as medications called erythropoiesis stimulating agents can assist the bone marrow to produce more red blood cells. 

Dr. Zachary Levine is an assistant professor in the faculty of medicine at McGill University Health Centre and medical correspondent for AM740 (a ZoomerMedia property).

LOW IRON? EAT THIS There may be a reason you're craving steak. Your body absorbs more iron from red meat as well as pork, poultry and seafood than it does from iron-rich plant sources including peas, beans and dark leafy greens, dried fruit such as raisins and apricots and fortified pastas, breads and cereals. You can increase your body's iron absorption by enjoying vitamin C-rich foods in conjunction. Whether it's OJ with your side of Canadian bacon (the leaner choice) or half a cup of avocado in your pea purée, in the case of iron – more is more. —Tara Losinski



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Keeping It Off

Weight Loss Dr. Mehmet Oz

I'MALWAYS INCREDIBLY proud to meet fans who have overcome the obstacle of losing weight. But I'm even prouder to meet those who have managed to take it one step further and maintain their weight loss. Because shedding pounds is only part of the challenge – for many of us, keeping the pounds from creeping back on becomes the real challenge. In fact, research shows that only one in five people who lose weight successfully keep it off after a year. I never want to see your hard work go to waste, so here I've got the low-down on how to keep the weight off for good.

1 **Make breakfast the most important meal**

One common characteristic of people who have successfully kept weight off? They're breakfast eaters. Making sure to eat a morning meal helps ensure you won't be too hungry later in the day, which can lead to overeating. Plus, starting your



day with a healthy breakfast puts you on track for healthy eating for the rest of the day.

2 Get moving Like breakfast, exercise also plays an important role in keeping the weight off once you've lost it. According to the Centres for Disease Control and Prevention, people who successfully maintain their weight loss get a good dose – about an hour – of physical activity almost every day of the week. If


that seems daunting, let me be the first to reassure you: research shows that in many cases, that hour of exercise can be achieved through something as simple as brisk walking. And if your schedule doesn't allow for an hour (mine certainly

doesn't), feel free to break up your stroll into shorter blocks – aim for 20 minutes three times a day.

3 Keep it consistent One key feature of maintaining weight loss is thinking about your new

way of eating as a lifestyle change, not a diet. That means not throwing your efforts out the window once the weekend rolls around or overindulging over the holidays. Research in the *American Journal of Clinical Nutrition* found that people who stuck to a consistent eating plan seven days a week were more likely to maintain their weight loss than those who focused their healthy eating efforts more strictly to weekdays.

4 Embrace the scale I know, it's easy to view the scale as Public Enemy No. 1, but it's time for a role reversal. According to a new study published in the *Journal of Obesity*, stepping on the scale daily not only helps with weight loss, it may also help keep the pounds from creeping back on, too. In the study, the people who set a daily date with the scale lost more weight and were able to maintain that weight loss for another year. So, when's the best time for your weigh in? First thing in the morning, naked, right after you've gone to the bathroom.

5 Don't go it alone When it comes to weight loss, one of the first things I tell people is to tell a friend. By sharing your goals with friends and family, you're able to build up a support system to keep you on track and keep you honest. And that support system should stay in place once you've reached your goals, too – friends and family can remind you how far you've come and help you through any rough spots that come up on your journey. 

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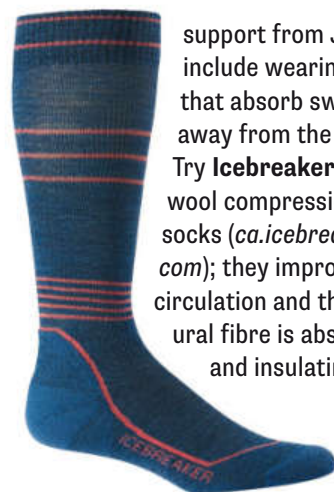


Nailed It

WINTER IS COMING, and not just on *Games of Thrones*. Stuffing our feet into socks, slippers and, soon, into shearling and whatever else promises to protect against chill can make for a warm, damp environment where foot fungi flourish. Feet and toenails are especially susceptible to fungus because of lower blood circulation – which means less oxygen and nutrients to fight infection. The latter factor worsens with age and with conditions like diabetes, which may explain why people over 55 are more at risk.

Symptoms of onychomycosis (nail fungus) can be as subtle as white or yellow spots under the tip of your nail and as severe as crumbling nails with dullness, thickening and discolouration of the nail. Athlete's foot, also fungal, can cause itching and fine scaling, flaking and sometimes blistering on the sole of the foot or between the toes. Not pretty. Here, the latest treatments and prevention tips. –Tara Losinski

TECH Laser therapy offers an alternative to medication. The laser's heat damages the fungal cells, and the treatment is sometimes used in conjunction with topical treatments to increase their effectiveness. The Health Canada-approved Nd-YAG Laser



support from Jublia, include wearing socks that absorb sweat away from the feet. Try **Icebreaker** merino wool compression socks (ca.icebreaker.com); they improve circulation and the natural fibre is absorbent and insulating.

SHOES Keep footwear fresh. Try **SteriShoe** (www.sterishoe.com), an at-home shoe sanitizer that uses UV light to kill bacteria and fungus. Wear comfortable shoes with space for air circulation. **Geox** (www.geox.com) uses a breathable membrane in the sole of all its shoes and the company recently launched Nebula, a sneaker for men with insole perforations as well to wick moisture away from the entire foot. Since studies show that fellas are more prone to foot fungus, it's a good way to put a better foot forward. –TL



For a chance to win a \$200 Geox gift card, go to www.everythingzoomer.com/win-a-200-geox-gift-card.



TOPICALS Dr. Aditya Gupta, a London, Ont.-based dermatologist, advises, for some people, cutting back the nail to eliminate fungus is not enough, especially for those with a compromised immune system and/or poor circulation. He was part of a trial for efinaconazole (trade name **Jublia**), a topical prescription ideal for patients who aren't candidates for oral anti-fungal meds due to drug interaction or liver damage concerns. And launched last year, **Emtrix** is an over-the-counter ointment that addresses the nail's appearance within two to four weeks of application.

has positive results over a series of sessions, depending on the severity of the fungus. The procedure requires a filing down of the nail, not just length but also thickness, so sensitivity during treatment could result from the intense heat of the laser.

SOCKS "If you have contaminated clothes, meaning socks with fungus, and wash them with non-contaminated [articles], 16 per cent of the fungal matter will go to the non-contaminated," Gupta warns. A 45-minute wash on hot (60 C) can kill fungus. Preventions listed on nailfungus.ca, a site with

Night #14 with shingles



It is estimated that nearly 1 in 3 people will get shingles in their lifetime and the risk increases with age. Shingles is a painful, blistering rash that can last for several weeks. And in some people, shingles can lead to excruciating nerve pain that can last for months, or even years.

**Don't wait for you or someone you love to develop shingles.
If you're 50 or over, ask your doctor or pharmacist for the shingles vaccine.**

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Christopher Plummer photographed
at Toronto's Sony Centre for the
Performing Arts September 2015

The Winter of His Content

If all the world truly is a stage, then at 85, Christopher Plummer is no mere player. As the Canadian icon returns to the screen in *Remember*, **Mike Crisolago** discovers that the answer is “to be”
Photography Chris Chapman

THAT'S THE LENGTH of red carpet I want,” Christopher Plummer quips, gesturing toward the short swath of scarlet fabric leading to the entrance of his downtown hotel ahead of the 2015 Toronto International Film Festival. “Can you imagine,” he chuckles, “having a red carpet at home and just practising walking up and down it?”

It's a joke, sure, but not a bad idea given the succession of professional triumphs Plummer has enjoyed in the last decade – good fortune, in fact, that his own mother once predicted wouldn't come until his greying years.

“Well, I'm sure she thought it was going to be sooner,” Plummer, 85, laughs as we're served at the hotel bar, packed with cocktail-tailing patrons unaware of the titan of theatre and screen in their midst. We sit in cushy chairs in an elevated corner of the room – fittingly reminiscent of a stage.

“I'd been successful since I was in my 20s,” he continues, “but a lot of people think that [winning the Oscar] is the be all and the end all. That just comes nicely toward the end of a career.”

Plummer, of course, is referring to his 2012 best supporting actor Academy Award for the film *Beginners* which, at 82, made him the oldest Oscar winner in history. The last decade also included his first Oscar nomination, again for best supporting actor, in

2010 for *The Last Station*, celebrated turns on Broadway and at Stratford, a return to his Tony-winning role in the stage and film versions of *Barrymore* and his popular autobiographical one-man show, *A Word or Two*.

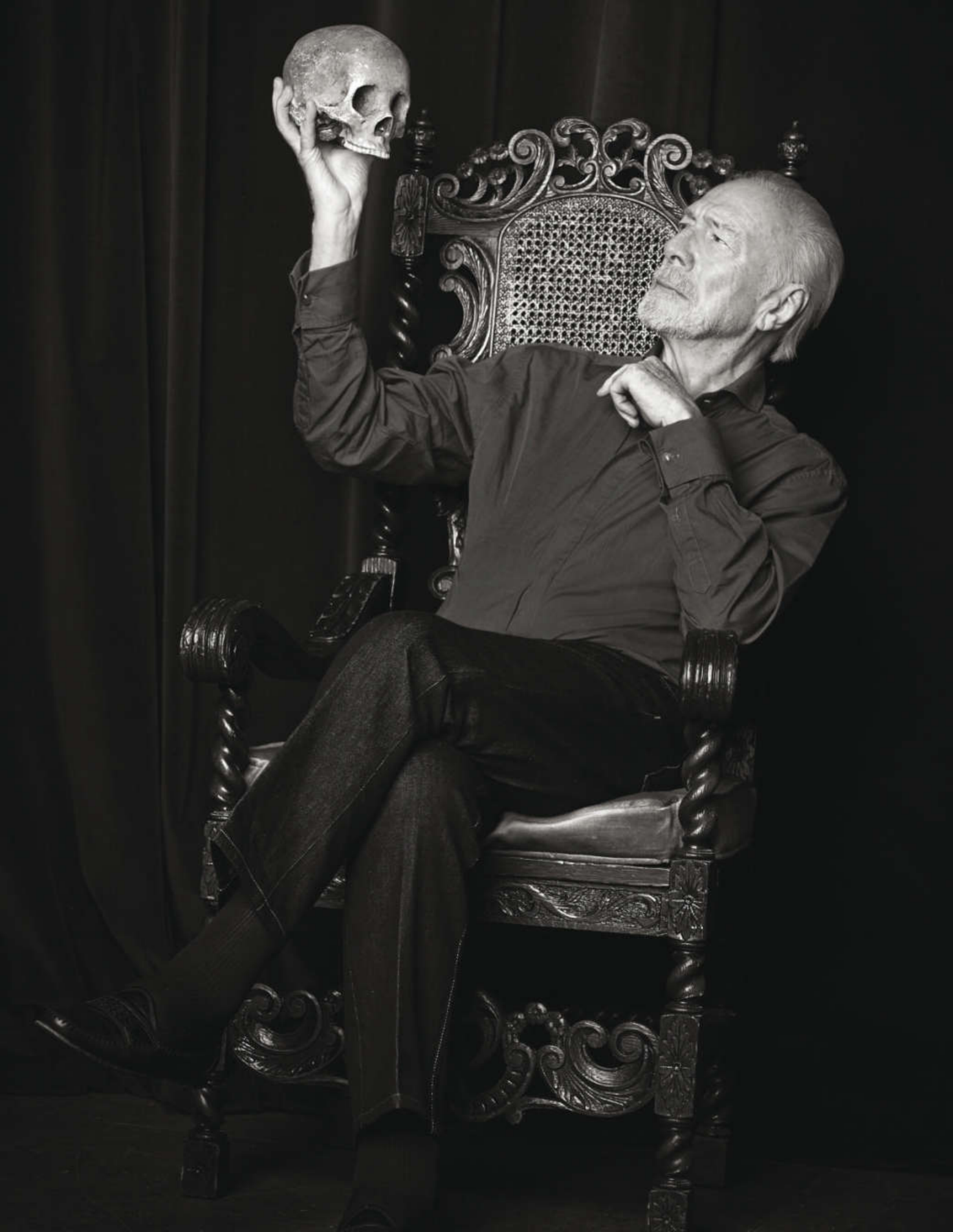
The most success he's enjoyed this side of Salzburg, some call it a career renaissance. Some but not Plummer.

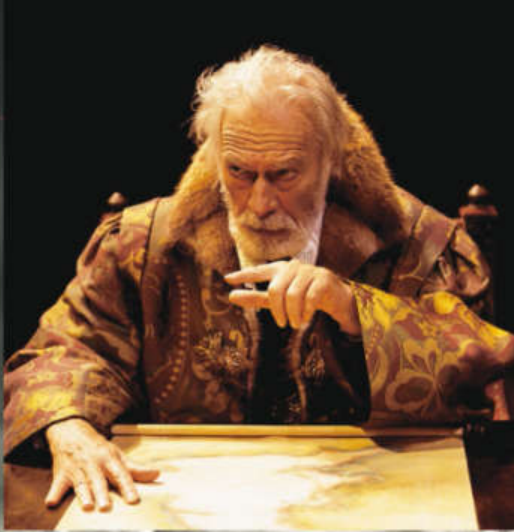
“My whole life in the theatre has been rich, and that's what counts because that's where all the great roles are played,” he explains, countering any revival babble. “[On stage] I feel exactly as I did as a child – more so now than in middle age. We're going back to our senile years. It's fun.”

He laughs and takes a sip of espresso. Dressed in a light jacket, blue shirt and jeans, he cuts a dashing figure, his piercing gaze and handsome Old Hollywood jawline undercut by his belt, emblazoned with little skulls and crossbones. It's an accidental, albeit fitting, juxtaposition for a man blessed with matinee idol looks who claims, “There's nothing more boring than a leading man. I couldn't wait until I was a character actor in my 40s. The roles immediately got more interesting and more diverse.”

If there's even the slightest notion of a career renaissance, Plummer traces it back to 1999 and the Michael Mann film *The Insider*, in which he portrayed legendary *60 Minutes* journalist Mike Wallace opposite Al Pacino and Russell Crowe.

“The minute that was out,” he recalls, ►





“the scripts started to come in better written and at a higher level. I had already been doing fairly well as far as good scripts are concerned. And it just was a slow rise.”

A not uncommon circumstance, says Plummer’s *Last Station* co-star, Helen Mirren, whose own career enjoyed a late swell of popularity.

“Chris’s career has been absolutely constant,” she declares, playfully snickering at the suggestion of a Plummer comeback. “He was always an incredibly substantial theatre star. Your film career, for whatever reason, because you don’t want to do film for two or three years and then you come back, over a long period of time, fluctuates.”

Plummer’s career, then, is firmly on the upswing. In his current film, *Remember*, out this month, he portrays a dementia-stricken Holocaust survivor who attempts to hunt down the Nazi guard who killed his family. It’s a performance that earned a 10-minute standing ovation at the Venice Film Festival days before its TIFF premiere.

“I’ve never done anything like that before in my life,” he says of the role. “I felt I was two different men, actually. One that memory loss makes totally anonymous, and the other [a] sort of terrible kind of revenge that stirs the blood and keeps you going.”

“It’s like playing tennis with a great player: you don’t know where the ball is going to go until it lands. And you’d better be there,” screen legend Martin Landau, fellow Oscar-winner and *Remember* co-star, says of acting opposite Plummer. “Here’s a guy who could play Richard III tomorrow and this character on the day after.”

Remember director Atom Egoyan calls Plummer’s performance “radical” while noting the challenges of making him appear less “dapper” for the part.

“I went to visit him at his house, and we were trying to think about how his look should be [in the film]. He had just come out of the shower and his hair was slicked back and he sounded so vulnerable. And I went, ‘Chris, that’s how you have to look.’”

The film itself is significant both for its take on the Holocaust as a modern-day revenge tale as well as for its portrayal of the main character as an older person with dementia.

“For a while, everybody was totally indifferent to the aged and their problems. Now we’re living longer and we’re all on drugs and we’re having a ball,” Plummer laughs. “We’re hiding our age better and threatening to go beyond 100. I think the aged are being looked after better in the theatre and in movies.”

“Nobody retires in our profession. We just go on until we drop ... And acting – just learning all those lines helps keep the brain alive”

There is one piece of unfinished business, however, that weighs on his mind. Plummer, who studied piano in his youth, plays a classical piece in the film. “Nobody gave me credit for it,” he notes, disappointed, “so the audience will think somebody else played.”

It’s a rare blip in Plummer’s poised demeanour. The opposite end of that spectrum – heartfelt gratitude – shows itself later when his wife, British actress Elaine Taylor, offers a snack. The couple celebrate their 45th wedding anniversary this year. It’s a union Plummer credits as a key influence in both his life and career, from Taylor’s “enormous” artistic taste to her healthy cooking.

“She’s my best friend,” he adds, before spilling the secret of their atypically long Hollywood marriage. “We can part during the day and then get together for dinner and talk about it. We’re not in each other’s pocket. [That] couldn’t be more boring and kills marriages. I’m very lucky.”

Lucky indeed, though there are no plans for a nice, quiet retirement together.

“Nobody retires in our profession. We just go on until we drop,” Plummer insists wryly. “And acting – just learning all those lines helps keep [the brain] alive.”

It’s a process that can, under the right circumstances, breed a certain richness in an artist’s performance, says Canadian actor R.H. Thomson, 67, whose 30-plus years on stage and screen afford him a unique in- ➤

Some of Christopher Plummer’s most famous roles (clockwise from top left): before a performance of *Cyrano de Bergerac* in Toronto, 1973; as *King Lear* at Stratford, 2002; his starring turn in *Richard III* at Stratford-upon-Avon, 1961; accepting his best supporting actor Oscar for his role in *Beginners*, 2012; as *Antony* in Stratford’s *Antony and Cleopatra*, 1967; with co-stars Debi Mozar, Al Pacino and Philip Baker in the 1999 film *The Insider*; in the title role of the play *Barrymore*, 1996. Middle: embracing Julie Andrews in *The Sound of Music*, 1965.

sight into the evolution of an actor's craft. He recalls, at age 12, being "agog at the panache and the romanticism" of Plummer's *Cyrano de Bergerac* at Stratford.

"There is a branch of the artist going through their life that they start stripping away things as they get older, all the dressing and the curlicues and the embellishments, and it just [gets] simpler and more powerful because of it. [That's] Beethoven's quartets and that's late Bach and that's Tolstoy and I think that's Christopher as well."

With retirement out of the question there are more acting projects in the works. "I always look for the next role to be as different as possible from the one I just did." That includes an upcoming action thriller and a possible remounting of *A Word or Two*.

Of course, one can't discuss Plummer's career without talk inevitably turning to *that* movie – you know, the blockbuster musical with the children and the "Edelweiss" that he famously spurns. I approach the topic gently. "Many people," I ease in, "tend to tip-toe around the subject of *The Sound of Music* with you."

"Yeah, quite right," he shoots back, laughing. "And they should. Sometimes they should tip-toe right out the friggin' room."

"You don't get that sort of adulation until you do a blockbuster ... it enabled me to afford to do things that I wanted to do – and a good table at a restaurant"

The film, which Plummer actually praises as "the all-time family movie" marked its 50th anniversary this year.

"It's got everything, a wonderful score by Rogers and Hammerstein. I just didn't think my part was very exciting. When people say, 'You're so wonderful in that movie,' I want to say, 'Oh piss off.' They have no idea how I loathed playing that part."

His co-star Julie Andrews, however, paired with Plummer for a recent *Vanity Fair* interview and noted, "There were so many potentially cloying possibilities. You were the glue that bonded us all together because you wouldn't allow that."

And there's also irony, which I point out *cautiously*, in the fact that of all the brilliant performances he's delivered in the past 70 years, it's the one he despises most that is best remembered.

"The world saw that movie, and the world doesn't come to the theatre," he concedes. "You don't get that sort of adulation until you do a blockbuster. I'm grateful for it because it enabled me to afford to do things that I wanted to do. [And] a good table at a restaurant."


The Sound of Music, though, is merely a single role in a career built on noteworthy performances – many of which are documented in his famously candid 2008 autobiography, *In Spite of Myself*, which reads almost like a history of his craft and the eclectic mix of characters he encountered along the way. Plummer balks, however, when asked if he ever considers his own legacy.

"There's no time," he exclaims with a smile, the topic ringing so mundane you'd think I'd asked him about his career renaissance again. "I just keep on doing it. And if it looks like a rather barren year as far as film I'll go back into theatre. And I'll write something. And then when I'm not working I play tennis, I play the piano."

And yet, despite a decades-long career punctuated by standing ovations and artistic honours and the promise of steady work still to come, even Christopher Plummer harbours aspirations from his youth that, so far, remain unfulfilled.

"Well, of course, I always wanted to be a pianist. And I did study, but there's no time," he says, regretfully. "I should have done that one 500 years ago. I would have loved to have shared both professions equally, you know. It would have been great."

Then a coy smile creeps across his face as he thinks back to that one scene in *Remember* where he tickles the ivories. He laughs.

"I've got to make sure that credit goes on the screen." 



Grooming; Elena Pacienza. For the look, try: L'Oréal Men Expert Hydra Energetic Moisturizer for 3 Day-Beards; L'Oréal Studio Line Design Spray.

Kirstine Stewart, VP
of Media for Twitter
North America

SHE MEANS BUSINESS

There's a new work order, and it takes women seated at the table to keep it. In a new book, social media maven Kirstine Stewart explains why. **Anne O'Hagan** takes a read

KIRSTINE STEWART'S TWITTER profile is perfection: succinct, direct, self-deprecating.

Sorry, Kirstine not Kristen ... VP Media responsible for @Twitter's

TV, Sports, Music, Talent, Ent, News & Gov partnerships. NYC, SF, LA, DC, TO, airplanes

As a senior executive of the online social networking service that famously set the brevity bar at 140 characters, it should be, too. But it's the

bit up front that engages you. With a name that is just a few letters off from Kristen, Kirstine Stewart lets you know that, "No, sorry..." – she's not Kristen Stewart, the brooding movie star of the *Twilight Saga* film franchise in case you typed her



name incorrectly into Google and landed there.

Of course, it can't hurt to be confused with a bewitching 25-year-old actress turned Chanel muse with a Twitter following of 390,000. (Kirstine Stewart is no slouch herself with 35,000.) As online bios go, it's a canny use of the medium she represents.

This fall, Stewart, 48, adds "author" to her bio with the publication of *Our Turn*, her personal take on women and leadership. It is a rational and well-articulated call to action that could make many working women feel a whole lot better about the future. Stewart believes that the digital revolution is creating "a new world order that demands a new style of leader ... with attributes that makes women natural front-runners."

In her view, digital technologies are the great leveller and women – the original pre-digital multi-taskers and collaborators with high EQ scores – are well equipped to manage complex issues because truly effective leaders of the 21st century "no longer wield power, they share it."

The book grew out of a talk Stewart gave at Rotman School of Business in 2013 and is replete with research findings and statistics to challenge the wearying ones we hear far too frequently about the scarcity of women at the top of every corporate org chart. By now, we've all heard at least a few variations on the theme that while the same number of men and women enter the workforce each year, a scant percentage of board or C-suite, top management positions are held by women.

A former broadcast executive, Stewart doesn't just work for one of the most transformative technology companies of our time, she is a zealot for the promise of tech. She lives and breathes her brand. She came to the industry just two years ago by way of the television business, where most

recently she ran CBC's English services – remarkably, the first woman and youngest person ever to do so.

Her career trajectory is impressive. Starting as an over-qualified receptionist in the entertainment industry, she began her rapid ascent through TV distribution, learning quickly how to navigate all manner of shark pools. Her personal experience forms the narrative of the book, which details how she managed to drive forward and learn to lead while gaining fresh perspectives with each career conquest. Her impulse to compete, though, had to be innate.

Stewart's timing is good. *Our Turn* has launched just as the discussion of gender pay disparity and sexism in technology, a heavily male-dominated industry, has gone mainstream. It seems absurd that in 2015 it should even be an issue but in Silicon Valley, where only 20 per cent of all software developers are women, sex discrimination lawsuits have been filed, and the most future-facing industry in the world is becoming known not only for its digital advances but for its backward behaviour.

With *Our Turn*, Stewart joins a rarefied club of leadership sages who have produced books from Arianna Huffington to Diane von Furstenberg. Even feminist icon Gloria Steinem has written a new book, *My Life on the Road*, an account of how travel inspired her activism and built her leadership skills. Stewart, no doubt, will be compared to Sheryl Sandberg, COO of Facebook and author of *Lean In*.

While lauding Sandberg for the "important contribution" made to the discourse, Stewart distinguishes her own point of view from the *Lean In* brand of corporate feminism. Rather than focusing, as Sandberg does, on what women aren't doing (or doing well), Stewart is more interested in what women do right. "For a woman to be as successful as a

man," Stewart tells her readers, "she shouldn't need to act like one."

Jean Davey would agree, although it's hardly news to her. "What's troubling is how little has changed in 50 years." In her forthcoming memoir, *The Only Woman in the Room*, she describes starting out in the investment business in the 1960s when lunch was three martinis and the "old boys club" dominated. Davey, who was one of the first female licenced stockbrokers in North America, spent her entire career quietly setting herself apart from – and competing with – "the fellas" who consistently perceived her success as a series of lucky breaks.

Davey was recruited by the legendary banker Austin Taylor and eventually become the first female broker at Macleod Young Weir. She functioned in a meritocracy that applied only to men – an environment that women working in Silicon Valley to-

“For a woman to be as successful as a man, she shouldn't need to act like one”

day would recognize in a flash.

Something else that hasn't changed is the truism that women are risk-averse – a trait that Stewart refers to as "the ball and chain that women must sever" to succeed in business. Stewart and Davey, although generations apart, both believe that deliberately plunging oneself into unknown waters professionally – making yourself *uncomfortable* – is the risk you must take in **Continued on page 85 ►**

FLIGHT PLAN

A new organization is the wing man for military personnel looking to land in corporate Canada **By Jayne MacAulay**

BILLIE FLYNN'S dark blue flight suit draws a few curious glances from people in business suits and casual guests as we meet for an interview over coffee at Toronto's iconic Royal York Hotel. His 1960s brush cut has me channelling Ed Harris playing the NASA flight director who got the Apollo 13 crew safely back to earth. He's lean and fit at 57, and it's easy to imagine him in the confined cockpit of a sleek airplane.

Since 2012, he's been flight-testing Lockheed Martin's F-35 joint strike fighter. Its proposed purchase as the replacement for Canada's aging CF-18 fleet remains controversial: costs have skyrocketed, and there's concern a single-engine jet is not a good choice for use in Canada's vast Arctic. However, Flynn notes, "It's a Tony Stark-and-the-Iron Man space-age-type airplane and to be part of this is a huge privilege."

It's also his dream job. He grew up a "base brat" as his father flew Canadian Forces Air Command fighters, and he longed to be a test pilot. First, of course, he had to learn to fly, and where better to do that than in his father's air force? By the time he ended his 23-year career, he'd piloted more than 70 different types of airplanes and logged close to 5,000 hours in the air. He'd also earned post-graduate degrees in both mechanical and aerospace engineering, and business administration and had spent five years as the Canadian Armed Forces (CAF) exchange test pilot at Edwards Air Force Base in California.

He retired from the air force in 1999, after commanding Canada's squadron of CF-18 Hornets in NATO's Operation Allied Force in Kosovo and the former Yugoslavia. "I had done the greatest job that a fighter pilot could do in the air force," he recalls. "There was never going to be ... anything more fulfilling than going to combat as a commander of a fighting squadron."

Discovering all there is to know about an aircraft is Flynn's passion, so when an aircraft manufacturer's headhunter called, he jumped at the chance to test the sophisticated Euro Fighter 2000 Typhoon and live in Germany. "There was no way I was going to miss that opportunity," he says.

But adjusting to civilian employment wasn't a snap. "Everyone misses the camaraderie [of military life] ... a culture that keeps everybody close and protected. There's so much risk ... It's a bit of a shock to realize

that the rest of the world is just not like it," he says, adding one of the toughest challenges he faced was the realization that he didn't command anything anymore. "That rank you had in the military? That doesn't mean anything on the outside."

What does score points with the business sector is the competence born of air force training. "From the first day, you were taught initiative because there was no one else to do things for you. We assumed responsibility and we made things happen," he points out.

The charismatic pilot has become a steadfast advocate for Canada Company's Military Employment Transition (MET Force) program, which links the business community and retiring members of the Canadian Armed Forces, reservists and veterans looking for a second career. The non-profit, non-partisan organization also champions Canada's military and their families and provides scholarships for children whose parent died in action or during a training mission. *www.canadacompany.ca*

Blending two cultures – military and corporate – takes education on both sides. MET helps business leaders and human resources professionals understand military ranks and occupations in order to place candidates appropriately. MET's private online site helps transitioning service personnel explore job-hunting strategies, link to MET's military-friendly employers and even find volunteers and experts to personally

One of the toughest challenges Flynn faced was the realization that he didn't command anything anymore. "That rank you had means nothing on the outside"



guide them through the process.

Canada Company's president, Angela Mondou – a boomer – knows what CAF-trained people bring to the table. An air force logistics officer at 22, she led a team of 78 and at 27, she was a captain with 10 days to plan the deployment of Canada's largest-ever United Nations Peacekeeping contingent into a war zone in the former Yugoslavia.

"That understanding of what you can do translates in a very big way in the business world," she says. Her post-military career has included launching the BlackBerry phone while at Research in Motion (now BlackBerry) and building ICE Leadership, her own business services company. She points out that a self-starter, make-things-happen attitude is drilled into military members right from the start.

Most military women and men have the training to quickly execute a mission with the resources they're given, notes retired major general Jim Ferron, 58, now a vice-president focusing on business development in the defence and security sector for Carillion Canada Inc., which manages facilities and serves the construction industry and hydro distribution and transmission companies nationwide.

Canada Company greatly assisted Ferron's transition, helping him adapt the "military speak" of his resume to the language of the private sector and coaching as he signed on to LinkedIn, the network for business professionals. Carillion Canada has since become one of the more than 120 Canada Company employer partners that hire and support Canadian Armed Forces personnel. Ferron will take part in Canada Company's First Annual National Transition Symposium in Toronto on Oct. 27.

Also on the agenda is a panel titled Cool Vets, Cool Transitions. Among the panelists? The very cool Billie Flynn. 



Experimental test pilot Billie Flynn, backed by an F-35 fighter jet at the U.K.'s 2014 Farnborough International Air Show



THE WARRIOR

Resilient rock star Alan Frew inspires fans in the battle of his life **By Jayne MacAulay**

NO ONE EXPECTED the Instagram posted on Aug. 22, but it was pure Alan Frew. The lead singer of Glass Tiger, the Juno-award-winning band that was hugely successful in the mid-1980s, had typed with his left hand that he'd had a stroke two days earlier. "I have suffered right-sided trauma but I am fighting the warrior's fight already. I am a warrior, make no mistake about that," he declared.

In the days that followed, he continued to reach out to friends and fans on Twitter, Instagram and Facebook as he worked his way from wheelchair to walker to cane and, finally, to home two weeks later. He discovered one fan, aged 21, a few rooms away who had been in hospital three years with muscular dystrophy. "I grabbed my trusty walker and hauled my gimp ass up to see him. Suddenly my stroke seems like the flu," he wrote.

The clot that caused Frew's stroke had begun its damaging path as he slept. He'd sung the last note of the final song on *80290 Rewind*, a solo

CD covering hits from 1980 to 1990 that he's releasing on Nov. 6. Then he went to bed, exhilarated that the recording phase was finally over.

A month earlier, I'd sat in Frew's elegant small studio as he worked with his executive assistant and sound engineer Sean Andrews. Harry, his lab-poodle cross, dozed on the floor across from a huge Paul McCartney World Tour poster signed for Frew. He sang Peter Gabriel's "In Your Eyes" emotionally, hoping for magic moments, "things that come out of the blue," to sweeten the already recorded song. His voice was richer than the 1985 Frew's, richer than the once-young singers he's covering. Among the songs: Prince's "Nothing Compares 2 U," a massive hit for Sinéad O'Connor; "Owner of a Lonely Heart" by Yes; Human League's "Human" and of course, Glass Tiger's "Someday."

The CD nearly didn't make it that far. In April, Frew suffered a detached retina that came close to delaying the recording of the instrumental tracks in Nashville. Now, as he recovers from the stroke, he anticipates releasing and promoting

80290 Rewind as well as a memoir based on his early years. Glass Tiger also turns 30 in 2016, so there will be anniversary gigs. It seems a lot, considering, but never count Frew out.

He'd survived childhood by wit and grit in Coatbridge, Scotland, a failing industrial town on the edge of Glasgow. "There was a lot of hooliganism and thuggery and drunkenness and religious bitterness. I had to weave my way through that as a boy. It builds a certain character," he says.

The boy focused on finding a new world: Canada, where his brother, 13 years his senior, lived. In his book, *The Action Sandwich: A Six-Step Recipe for Success by Doing What You're Already Doing*, he describes how he insisted to friends and neighbours that the Frews were moving there, obsessively trying to sell family possessions – even a hedge; and for three years was mercilessly teased as each proclaimed moving date slipped by. But move to Newmarket, Ont., they did in 1972, when he was 16 – his father's angry reaction to the termination of his job of more than three decades.



According to Glass Tiger's bass player, Wayne Parker, the Frew home was Scottish Central. "Let's just say it was colourful and loud," he chuckles. Frew's parents, he says, "were the salt of the earth, wonderful people, and it shows in Alan's character."

It's a miracle that Frew survived the early pre-Glass Tiger years. It was a treadmill of rehearsals and performing around Ontario and Quebec as the band developed a sound and built audiences. For a time, he suffered stage fright that Parker concluded was caused by the over-the-counter drugs Frew used to keep his voice and respiratory system clear. "It was my task to drag him back to the stage. He'd run off in the first song. Not fun then – fun now," he laughs. Frew tamed his fear, but he admits to butterflies before gigs even now.

Probably few patients at a Newmarket, Ont., hospital realized that the orderly wheeling them down the hall or cleaning up after them was a budding rock star. But Frew always wanted to become a doctor and as a first step on that path, had badgered the hospital daily until he had the job. "If someone was dying who had no one to sit with them, Alan was the one they would send to hold their hand," Parker confides. "He was so loved around the hospital. To this day, we still meet people who worked with

him or he cared for back then."

By 1982, Frew was a registered nurse but simultaneously pursuing medicine and music was crushing. A single father, he also needed time for his adored young son. As the band, then named Tokyo, got its big break opening for Culture Club at Toronto's Maple Leaf Gardens, Frew had little time for sleep. Finally, after a close call behind the wheel after a gig and an incident where he fell asleep on his feet and awoke on the wrong hospital floor, he reluctantly abandoned medicine. The band then signed with Capitol Records, changed its name to Glass Tiger and Frew was a rock star. By 1987, they had five Juno Awards, a Grammy nomination and their all-time biggest hits "Don't Forget Me (When I'm Gone)" and "Someday."

He found love in 1988, when he met Marcy Mihalcheon on a blind date. They married in 2007, after 19 years together. She's the founder of Marcy's Gourmet Products, sold at premium food markets in Canada and internationally. "We're both alphas," Frew says. "You need that dynamic of independence that sometimes clashes, but I think that's what makes the two of us stronger. (Their daughter loves musical theatre and plays several instruments. "She'll be a one-woman band for sure," he laughs.)

Glass Tiger's keyboard player, Sam

Reid, notes the band's success meant a lot of time on the road. "We've shared our significant others' birthdays, anniversaries, funerals – where we couldn't come home. That tends to bond you even tighter," he says. In *The Action Sandwich*, Frew writes movingly about losing people close to him while he was out on tour, yet Parker points out that he's "never depressed or melancholy. He's always upbeat, always moving forward. One of his tattoos is No Surrender."

That tenacious spirit drives his recovery. Even the medical career he left behind is having a resurgence of sorts – people have responded to his advocacy and are checking blood pressure and cholesterol levels. Strokes happen silently to all ages, but he ruefully admits he had stopped medication for hypertension and non-diet-related high cholesterol because he felt fit and well and ate a healthy diet.

The dialogue continues on Twitter and Instagram. A fan, cancer-free for 15 years, thanks him for having urged her to "stay strong and fight this," words that sustained her at her worst moments. The response to his posts inspires Frew as he plans for the launch of *80290 Rewind*. "From here to the stage ... that is my goal. A thousand-mile journey truly does begin with just one step. I am about to prove that to you," the warrior writes.

FOOD FOR THOUGHT

Becoming a food activist is easier than you think. A new cookbook taps our country's chefs and communities **By Vivian Vassos**

HEN YOU THINK of the Neal Brothers, you may think snack foods. You can find the food company's branded kettle-cooked potato chips, pretzels and popcorn on the shelves, but did you know that they are also the guys that discovered and brought to market Kicking Horse Coffee, Raincoast Crisps and Tazo Tea?


The Neal Brothers (Peter and Chris) started in 1988 in small-town Ontario – their mother's Aurora kitchen, to be exact – with a recipe for gourmet croutons. Since, they've expanded to snack foods, dressings, mayonnaise and other condiments, using natural and organic ingredients.

The brothers' latest project is as grassroots as their start. *Goodness: Recipes & Stories* is a cookbook collection from top chefs and those who cook for the community across our country. Fifty per cent of the profits from the book will be donated to Community Food Centres Canada (CFCC), and it is a strong case for busting the myth that eating healthier is too expensive for people on fixed incomes. "One of the goals for CFCC is to show people how to grow food, how to make smarter food choices within their economic means and how to prepare good, nutritious, wholesome foods," says Peter. There is a narrative, he adds, which runs as a central theme through all of the programming at CFCC: "Good food, not necessarily expensive food, is powerful. It energizes our bodies and helps keep us healthy."

Beyond the centres, he wanted people to be able to bring the concept home and help the cause – with a few top chefs, such as *Dragons' Den*'s Vikram Vij and *Top Chef Canada* win-

ner Carl Heinrich, as the draw. But there was one basic criterion: "We were looking for people who were adding genuine goodness to their communities with the common thread being food," Peter says. The idea came from a National Advisory Council meeting for CCFC, he recalls, where members were challenged with raising awareness and funds. "A light bulb went on in my brain: I had found the right hook!" – a book about philanthropy and entrepreneurship that would inspire people as well as educate them about CFCC.

At a glance, you'll notice the words food activist appear on many of the contributors' biographies. But are they all chefs? "Absolutely not," Peter says, "we have many personalities in the book who are not chefs." And while it is used to showcase renowned chefs, the goal is to also celebrate everyday unknown heroes. "Anyone with a love for food and a respect for what is right, from a social justice or environmental standpoint can be a food activist!" The new food for thought, then: community building through what we eat, the comforts of home cooking and local ingredients.

At this time of year, when the season begins to change, and family gatherings are on the calendar, this is a currency we can all get behind. With this in mind, we asked the Neal Brothers to create a menu: a starter, a dish that would suit vegetarians, two mains from which to choose (for those who might eschew red meat, there's a chicken recipe) and dessert. Enjoy! 

To get involved Go to www.cfccanada.ca; for the book, www.nealbrothersfoods.com or www.amazon.ca.



PHOTOGRAPHY, JODI PUDGE; FOOD STYLING, NOAH WITENOFF



ROASTED CAULIFLOWER & PARSNIP SOUP

From Paul Rogalski, chef and co-owner Rouge and Bistro Rouge, Calgary My baba used to cook on the farm with a wood-fired stove and oven. She had the best garden and made everything from scratch. It was her epic meals that made me want to be a chef. To honour my grandmother's spirit, use freshly harvested ingredients and a wood-fired oven like she did. If those aren't options, a trip to a farmers market and a regular oven will do, of course. Either way, roasting the vegetables is essential.

4	medium parsnips, cut in small pieces
1	head cauliflower, cut in small pieces
1	yellow onion, roughly chopped
½ cup	unsalted butter
1 tbsp	chopped fresh thyme
2 cups	dry white wine
10 cups	chicken stock
1 cup	whipping (35%) cream
	Sea salt and freshly ground black pepper

In roasting pan, combine parsnips, cauliflower, onion and butter. Roast in 400 F oven, stirring every few minutes, until vegetables are golden brown, 25 to 30 minutes. Remove from oven and stir in thyme and wine. Let stand for 5 to 10 minutes.

Transfer roasted vegetables to blender with 2½ cups of the stock. Blend on high speed until smooth (hold lid down tightly with kitchen towel).

Transfer to a large pot over medium heat. Add remaining stock. Bring to a boil, reduce heat and simmer, stirring occasionally, for 5 minutes. Stir in cream and season with salt and pepper to taste.

Serves 8 to 10 ►



For Butter Chicken
Schnitzel from Vikram
Vij, chef and restaurant
owner, Vancouver, go to [www.
everythingzoomer.com/vikram-
vijs-butter-chicken-schnitzel](http://www.everythingzoomer.com/vikram-vijs-butter-chicken-schnitzel).

CARAMELIZED ONION PEROGIES WITH BRAISED BEEF SHANK & CELERY ROOT PURÉE

**From Carl Heinrich, chef,
Richmond Station, Toronto**

This dish is a great example of how to use all of a local ingredient. At Richmond Station, we only buy whole animals, directly from the farmer and only from southern Ontario. We know all our producers well and this helps us find the best-quality ingredients out there.

Braised Beef

2 tbsp	oil
1 lb	beef shank
4 cups	beef stock
1 cup	dry red wine
1	sprig fresh rosemary
1	sprig fresh thyme
1	small bay leaf

In large skillet over medium-high heat, heat oil. Add beef shank and sear on all sides until well caramelized, about 5 minutes per side. Add stock and wine and bring to a simmer. Add rosemary, thyme, and bay leaf; cover and braise in 250 F oven until meat is fall-off-the-bone tender, about 3 hours.

Transfer braised shanks to plate and cover to keep warm. Place pan with liquid over high heat and skim to remove all fat on top. Reduce until thick, about 30 minutes. Cut braised meat into small pieces and add to reduced liquid. Cover and set aside, keeping warm.

Perogy Filling

3	russet potatoes, unpeeled
2 tbsp	vegetable oil
2	onions, thinly sliced
3	green onions, thinly sliced
¼ cup	sour cream
8 oz	aged cheddar cheese, shredded
	Sea salt and freshly ground black pepper

Stab potatoes with fork and bake directly on middle rack in 400 F oven until very soft, about 1 hour. Set aside to cool slightly.

Slice cooled potatoes in half and scoop out flesh (discard skins). Pass potatoes through a ricer or mash with a masher.

Meanwhile, in skillet over medium heat, heat oil. Add onions and cook until caramelized, about 5 minutes. Reduce heat to low and continue to cook until very soft, about 20 minutes.

To mashed potatoes, add caramelized onions, green onions, sour cream and shredded cheese. Season with salt and pepper to taste. Set aside.

Perogy Dough & Assembly

½ cup	sour cream
6 tbsp	melted butter
1	large egg
1	large egg yolk
2 cups	all-purpose flour, plus more for dusting

In bowl, stir together sour cream, melted butter, egg and egg yolk. Fold flour into wet ingredients. Turn out onto slightly floured work surface and knead until smooth and slightly elastic.

On lightly floured work surface, roll out dough to ⅛-inch thickness. Using a glass, cut out as many rounds as you can. Place about 2 tbsp of filling on half of each round.

Fold dough over filling to make half-moon shape and pinch edges to seal. (You may need to brush with a small amount of water to help dough stick together.)

Bring a large pot of salted water to a boil. Prepare an ice bath. Add perogies to boiling water and boil for 3 minutes. Using a slotted spoon, transfer perogies to ice bath. Once cool, transfer perogies to paper towels to drain.

Celery Root Purée

1	small celery root, cut in small pieces (reserve yellow leaves)
2 tbsp	butter
¼ cup	sour cream

Place celery root in saucepan and cover with water. Bring to a boil and cook until very tender, about 30 minutes. Drain. Transfer to blender; add butter and blend on high speed until smooth. Scrape purée into bowl and fold in sour cream. Set aside.

Assembly

3 tbsp	butter, divided
1	small head celery, peeled and diced

In skillet over medium-high heat, melt 2 tbsp of the butter. Working in batches so as not to crowd the pan, fry boiled perogies until crisp on one side, about 4 minutes.

Meanwhile, in saucepan of boiling water, blanch celery until just crisp-tender, about 1 minute. Drain in colander and transfer to bowl. Add 1 tbsp of the butter and toss until well coated.

To serve, spread celery root purée evenly over serving platter. Top with fried perogies and then braised beef. Scatter blanched celery overtop and garnish with reserved celery root leaves. Serve immediately.

Serves 4 ►



MUSHROOM & TOASTED BRAN RISOTTO

From Andrea Carlson, chef and co-owner, Burdock & Co., Vancouver *This is a simple, clean risotto that lets the nuttiness of the toasted bran and the sweetness of the rice shine through. We like to use rice produced by Masa Shiroki – it's the first rice grown in B.C.!*

7 tbsp butter, divided
2 shallots, finely diced
1 ½ cups risotto rice (see Tip 1)
¼ cup dry white wine
3-4 cups hot water, divided
Sea salt
4 tbsp toasted rice bran (see Tip 2)

½ cup roughly chopped black trumpet mushrooms (see Tip 3)
3 oz shaved aged farmhouse cheese (we prefer fermière)
Sour Bran Broth (optional, recipe follows)

In skillet over medium heat, melt 4 tbsp of the butter. Add shallots and cook for 2 to 3 minutes, stirring occasionally, until softened. Add rice and cook, stirring often, for 2 minutes, until well coated. Add wine and cook, stirring to scrape up any browned bits from the bottom of the pan, until wine has almost

evaporated, about 2 minutes.

Add 1 cup of the hot water, stirring constantly until absorbed by rice, about 5 minutes. Add remaining hot water 1 cup at a time, continuing to stir constantly until rice is creamy yet slightly firm (al dente). Sprinkle with salt to taste. Stir in 2 tbsp of the butter and toasted rice bran. Cover and set aside, keeping warm.

In clean skillet, melt remaining 1 tbsp butter. Add mushrooms and cook until softened, 4 to 5 minutes. Divide risotto among serving bowls. Top with sautéed mushrooms, cheese and sour bran broth (if using). Serve.

Serves 2

SOUR BRAN BROTH

If you are feeling adventurous and have the time, make this tasty broth to finish the risotto.

⅓ cup water, at room temperature
2 tbsp rice bran
Sea salt and pepper

In glass jar, combine water, rice bran and salt; stir well. Cover mouth of jar with cheesecloth and set aside in a dark, cool place for 2 days to ferment.

Carefully strain liquid through the cheesecloth into small saucepan (discard solids). Season with salt and pepper to taste.

Just before serving, warm over medium heat. Spoon a couple of tablespoons around the edge of each bowl of rice.

TIP 1 The best types of rice for risotto are Italian short-grain varieties, which provide the right amount of starch to achieve a creamy result. If you can't find Agassiz-grown rice,

Arborio and carnaroli are both good choices.

TIP 2 To toast rice bran, place it in a dry pan over medium heat and heat, stirring often, for about 3 minutes, until slightly browned.

TIP 3 If you can't find black trumpet mushrooms (also known as black chanterelles), you can substitute an equal quantity of chanterelle or hedgehog mushrooms.

POACHED PEARS IN RED WINE

From Kristina McMillan, director, NorWest Co-op Community Food Centre, Winnipeg Poached pears in red wine is pure heaven. This is a traditional Italian recipe made with simple ingredients. Chef Anna Paganelli of De Luca's in Winnipeg shared the preparation with me. I had the pleasure of working alongside Anna for a few years, and she taught me that if you use quality ingredients in your recipes, the flavours will absolutely sing.

- 6 ripe Bosc pears,
unpeeled, cored and
halved
- 1 lemon, sliced
- 1 cinnamon stick
- 2 cups dry red wine
- ½ cup granulated sugar
- Vanilla ice cream
or gelato

Place pears in large
saucepan, skin
side up, and

cover with water. Add lemon
and cinnamon stick. Bring to a
boil over medium heat. Cover,
reduce heat and simmer for
15 to 20 minutes, until pears
are cooked but still firm.

Drain pears, reserving cinna-
mon stick. Return pears to pan,
skin side up, along with reserved
cinnamon stick. Pour in wine

and sugar. Simmer over medium
heat, uncovered, until liquid has
reduced slightly and thickened,
about 15 minutes. Remove from
heat and let cool slightly.

Divide pears among serving
plates. Serve with a scoop of van-
illa ice cream in the centre of each
pear. Drizzle with wine syrup.

Serves 6 to 12 



The More the Merrier

WHAT'S WORSE FOR your health than obesity, smoking and high blood pressure? Eating alone, say the folks at Home Instead Senior Care. They may be on to something as poor social connection was found to be more detrimental to your health. Strong connections have been shown to increase longevity by 50 per cent in addition to strengthening our

immune system and improving recovery time, and lowering the rate of anxiety and depression.

Dinner dates are fun, but the minds at Home Instead don't think it should stop at just *en deux*. The company offers non-medical caregiver services for seniors throughout Canada and the U.S. and earlier this year launched the Sunday Dinner Pledge (www.sundaydinnerpledge.ca) to encourage a

standing weekly multigen meal. Its online resources include tips for whole family-friendly activities, all-age meal prep and even conversation starters. The recipes are courtesy of chef Melissa d'Arabian, season 5 winner of *The Next Food Network Star*. She has coined her once-a-week Cousin Tuesdays. The cousins are all grown up, so their kids join in with d'Arabian's own and even the cousins' in-laws come along.

In a survey Home Instead conducted before the pledge, challenges to sharing more sit-down dinners with senior relatives included conflicting schedules (52 per cent) and not having enough time (40 per cent). Don't let that stop you, says d'Arabian. Scheduling your gathering on a Tuesday means no expectation of a flawless affair. "The idea is we still sit down as a family. And we don't do it perfectly," she admits. "But we do it, even when it's not perfect."

Here are some new countertop cookers to help bring it all – and everyone together – even on a Tuesday. —Tara Losinski

1 The new **Philips Multicooker** is a set-it-and-forget-it appliance with 10 automatic preset programs that cover everything from rice to ribs. It can steam, fry, simmer, sauté, bake, boil and more – you can even make homemade yogurt. \$250; Amazon.ca, *Best Buy*, *London Drugs*, *Hudson's Bay* and *Williams Sonoma*

2 The second-generation **T-Fal Actifry Express** was released earlier this year and promises to crisp up those chips – a sure bet for the little ones – 25 per cent faster but still with as

little as a teaspoon of oil. Not just for healthier fried foods, use it as an alternative to traditionally sautéed vegetables too. From \$330; *Hudson's Bay*, *Canadian Tire*, *Home Outfitters* and *Sears*

3 We want the flavour and we can get it year-round with the Canadian-designed **Downtown Grill** – specifically made for indoor use. The powerful five-burner electric hibachi gives you that great grilled-outdoors flavour but is safe for even small apartment or condo use. \$440; www.downtowngrill.ca or www.costco.ca —TL



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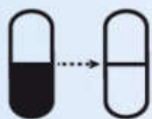


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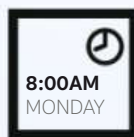
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Living



TRUMP THIS Hotel Home

WHEN WE TALK ABOUT Trump in Toronto, we're not talking about The Donald or his bid for presidency of the United States. We are, however, talking about the building in this town to which he has licensed his name. This is a building of another kind, a hotel and residence hybrid – and it's not unusual in our current real estate climate for a luxury brand hotel to have fantasy-inducing suites available for a privileged portion of your hard-earned leisure dollars. High-in-the-sky residential units at Toronto's Hazelton, Four Seasons, Shangri-La and Trump Residences Toronto have all jumped on the trend of a residence within a hotel, with all the benefits of hotel living.

Take, for example, the Trump. With its prime location at Bay and Adelaide, the residence of 118 units has taken all the comforts of home and taken it up a notch: discreet high-tech security, five-star amenities, luxury design details and accessible transportation right at your doorstep

all elevate life at home. These are the pleasures of downtown living if you embrace the downsized life.

Add a personal concierge to your speed-dial – a white-glove service for residents. "Sometimes I want pancakes, sometimes poached eggs and sometimes I need green juices served as a detox – it matters not my mood because it's all available with a call," says Nicholas Mellamphy, a Trump resident and style influencer as vice-president and buying director at The Room, Hudson's Bay. "Living in the Trump is like living in an extravagant dream. My needs are theirs," he adds. "And that the elevator ride is the longest part of my commute adds to its benefits. I love coming home – the Trump adds to the adage that there is no place like home." And it's not just Toronto that's on to this way of living. In summer 2016, look for the opening of the Trump International Hotel & Tower in Vancouver. —Hazel Picco 311 Bay St., Toronto, 416-214-2800; www.trumptoronto.ca; www.trumpvancouver.com

PHOTOGRAPHY: GEORGE PIMENTEL (MELLAMPHY)



Home

A typical
residence at
the Trump
Tower



Nicholas
Mellamphy



The Trump Tower

flesh and bone

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Home

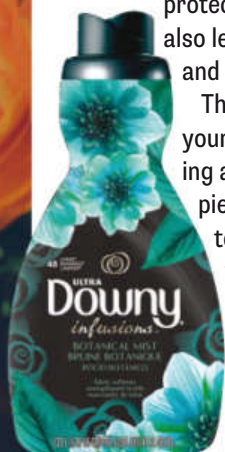
CLEAN OUT THE CLOSET

Ever noticed when a garment returns from the dry cleaners you fall in love with it all over again. It's looks pristine, smells fresh and has that brand new look and feel like when you first purchased it. The folks at P&G did research, which showed consumers use a multi-sensory approach to clothing – not just how it looks but also how it feels and how it smells. All play a role on what we choose to wear.

But you don't have to rack up expensive dry-cleaning bills to achieve the look, feel and scent of brand new clothing. P&G launched **Downy Fresh Protect** this year, which acts like a deodorant for fabrics. Instead of liquid, the product consists of tiny beads, which dissolve in your wash, leaving your clothing with up to 24-hour odour protection – ideal for your workout wear or active clothing. Another product, **Downy Infusions Botanical Mist** fabric softener, acts like conditioner for your clothing by not only protecting fibres but also leaving clothes soft and freshly scented.

This season, shop your closet by taking a look at those pieces relegated to the back that you no longer wear. Maybe a good washing would reignite the love affair.

–Derick Chetty



LAUNDRY LIST

ROUTINELY beautified as a part of home decor makeovers, the laundry room has been getting more attention for a while now. But it doesn't stop at backsplash and just the right shade of paint; we're kitting out these spaces with cutting-edge washers and dryers, too. Not only are the newest models high-efficiency, they're also high-tech.

Monitor the new **Samsung Active-wash Top Load washer** (\$1,500; www.samsung.ca) from your smartphone for everything from unbalanced loads to service alerts. App aside, the washer also features a self-cleaning function to eliminate buildup and even bacteria, noise- and

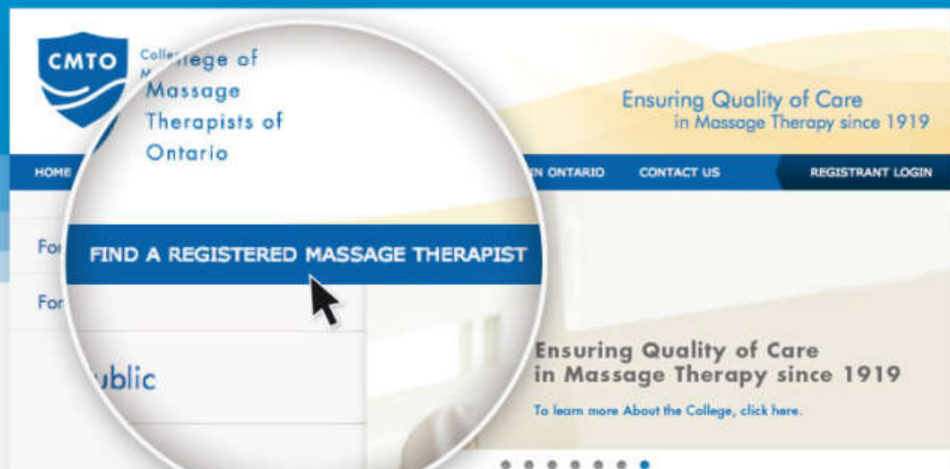
vibration-reducing technology and a built-in sink with a water jet and gentle scrubbing surface. Whether for handwashing or pre-treating, it's perfect for spaces with no space, for a laundry tub this is.

Washers without agitators mean less friction, which is kinder on clothes but makes for longer wash cycles to match that "contact" clean. Tackling this slowdown is the **LG TwinWash System** with a **MEGA Capacity Front Load Washer** launching this month (\$2,000; www.lg.com), featuring additional high-powered detergent and water nozzles for faster cleaning and rinsing. And to take the bending out of front loading, they've positioned the ►

LOOK BEFORE YOU BOOK

Did you know: Only registrants of the College of Massage Therapists of Ontario **can use the title Registered Massage Therapist (RMT) or Massage Therapist (MT)** in Ontario? The College of Massage Therapists of Ontario maintains an up-to-the minute directory of all Registered Massage Therapists in Ontario.

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ZOOMER
MAGAZINE

Living

door higher and tilted the drum forward. Plus, you can add a **SideKick Pedestal Washer** (\$950) and run both simultaneously – perfect for delicates down below while the towels tumble above. And yes, it's smartphone-enabled for cycle monitoring and uploading custom cycles you create.

It may not be the kind of artificial intelligence we see in the movies, but the new **3 GE HE Top Load Extra Large Laundry** (from \$1,400; www.geappliances.ca) features Clean Speak communication between the washer and dryer. The former sends the latter information,

like wetness and weight, in preparation for the change over and just the right dry settings needed. The dryer also uses sensors to prevent overdrying, a fabric-friendly measure. The washer tub is LED-lit, so you can easily spy that errant white in your darks or vice versa. And it takes the guesswork out of fabric softener and detergent quantities with SmartDispense – a good thing as research shows that even though these large tubs can be handling up to 45 per cent more dirt, 40 per cent of us do not use enough detergent. —Tara Losinski



HIGH EFFICIENCY

To test its detergents, including the new **Tide HE Turbo**, Proctor & Gamble researchers do about 30,000 loads of laundry a year in a variety of machines (GE's latest included). The HE Turbo was formulated to avoid the over-sudsing that can stall high-efficiency machines on what seems like a never-ending rinse cycle, which, in the end, can use more water and energy than non-HE models. It turns out what you get out does depend on what you put in. —TL





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Chris Chapman

WHO Award-winning Toronto-based photographer **WHERE** In Joshua Tree National Park with his 28-foot Airstream, Veronica, and his mixed-breed rescue dog, California.

WHY “Veronica has solar panels so I can plunk it down anywhere and live in absolute comfort,” says the 48-year-old snowbird, who also has a condo in Arizona. **By Derick Chetty**



My List

■ Three great things about Arizona

Sunshine, mid-century architecture and the natural beauty of its diverse landscape ... Arcosanti, Taliesin West and the copper mining town of Jerome are all perennial favourites of mine.

■ Favourite restaurant in Toronto

Lady Marmalade in Leslieville. Their Mexican meatball soup is out of this world!

■ Go-to coffee shop in Toronto

Mercury Espresso Bar

■ Three things you recommend to visitors to your hometown of Ottawa

Golden Palace eggrolls, the Diefenbunker and the

Gatineau hills when the leaves change in the fall

■ Favourite weekend activity

Cottaging

■ Favourite sneaker brand

Vans or Converse by John Varvatos ... anything without laces basically!

■ Favourite album

Hejira by Joni Mitchell

■ Favourite photography book

Album

by Duane Michaels and *Mojo* by Keith Carter

■ Favourite camera

Canon 1DS Mark III for digital and my Contax 645 for film

■ Favourite smartphone to take pictures

iPhone5s

■ Favourite social media app

Instagram is definitely my favourite. I love being

able to share my road trip adventures in the Southwest on the fly as it's happening with friends and family, and the filters make me look like a better photographer than I am! You can see many of the places I've already visited and loved at my IG account [ccphoto66](#).

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▲ In September, **Justin Trudeau's** campaign bus rolled into Toronto to hold a town hall meeting at the ZoomerPlex and announce a number of senior-friendly election promises. CARP president **Moses Znaimer** (seated left of Trudeau) was on hand, and members peppered the Liberal leader with questions. CARP had invited all three parties to visit CARP headquarters for a town hall meeting during the campaign, and Trudeau was the first leader to take up the offer.

MP Ralph Goodale (left) with Kerry Swann at chapter launch



Community

PRAIRIE BOUND

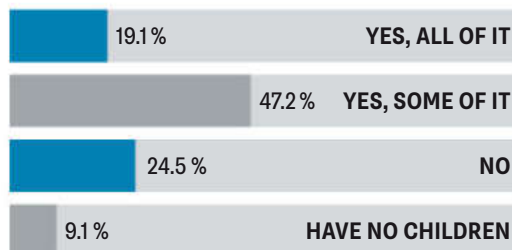
Anthony Quinn, CARP's Director of Community Development, is pleased to report the reinstatement of the organization's presence in Saskatchewan with the launch of the Regina Chapter. At a meeting in September at the Regina Public Library, **Kerry Swann** agreed to stand as the founding volunteer chair. The well-attended launch drew interest from local politicians, with **Ralph**

Goodale, long-time Regina-Wascana MP and former finance minister, and **Erin Weir**, federal NDP Regina-Lewvan candidate, taking time off the campaign trail to pay a visit. Goodale spoke on the value of advocacy work, both locally and on Parliament Hill in Ottawa. CARP plans on replicating the success in Regina with a new chapter in Saskatoon in spring 2016. Stay tuned!

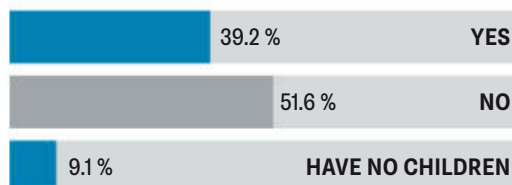
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Chapter Event Calendar for October/November 2015

Visit our Cross-Canada Chapter listings to contact your local CARP Chapter for information on these and other upcoming events in your community or visit www.carp.ca

OCT



Toronto, Ont., (Downtown) Chapter

Oct. 13, *Technology Workshop #2: iPods, iPad, Apps and More*. Software and social media training with experts to help you take advantage of your new gadgets.
The Central YMCA, 20 Grosvenor Street, 2nd floor, 6:30 p.m. to 8 p.m.



Halton, Ont., Chapter

Oct. 14, *Meeting in Milton*, Seniors Activity Centre, 500 Childs Drive, 7 p.m. to 9 p.m.
Oct. 27, *Meeting in Burlington*, Seniors Centre, 2285 New Street, 7 p.m. to 9 p.m.
For more information email haltoncarpchapter@gmail.com or call 905.319.7345.



Lanark County, Ont., Chapter

Oct. 20, Nov. 3 and 17.
Navigating the Ontario health-care system workshop series: *Aging in Place, Residency Options, Specialty Medical Services, Palliative Care*. For more information, locations and to register, please call Lisa Ryan at 613.256.1031 ext. 62 or email lryan@themills.on.ca.

NOV



White Rock-Surrey, B.C., Chapter

Nov. 11, *Remembrance Day Wreath Laying* at the Cenotaph in White Rock. For venues, information and registration, please call Denice at 604.538.5778.



Calgary, Alta., Chapter

Nov. 25, *General Membership Meeting*. Call 403.256.1181 or email carpcalgary@gmail.com for information and to RSVP.



Quiz Judy Gerstel

North of the 49th

REMEMBER *The Ugly American*? It's a term that became popular in the 1960s with a book and movie with that title.

The phrase was first used by photographer Constantino Arias for his portrait of an American tourist in 1950s Havana – an older man in a tight swimsuit who sports a protruding hairy belly, hairy nipples and hairy knees, a phallic cigar, pencil moustache, straw sombrero the size of a tractor tire and bottles of

liquor held high.

Soon, *Ugly American* came to refer to the attitude and behaviour of American tourists as much as to their appearance.

Of course, there's no such creature as the ugly Canadian. Of course there isn't.

We're always polite, soft-spoken, considerate and well-groomed wherever we go. Of course we are.

But perhaps you've encountered a few Canadians in your travels, in snowbird land, for instance, who aren't quite so perfect, who may be uncharacteristically cocky, bump-



tious, fractious, brash or even – can you believe it? – passive-aggressive.

Dare one suggest that maybe you are an imperfect Canadian?

Take this quiz to find out.

■ When the temperature drops in Florida and locals complain, you say, "You call this cold? You don't know what cold is! Where I come from, we'd turn on the air conditioning."

■ You make sure everyone you meet knows that you know someone who knew Aubrey before he was Drake.

■ At a resort, you get up at dawn every morning to leave a towel – ideally one with a Canadian flag – on a lounge chair in the best position near the pool, and then you wait until noon to occupy the chair.

■ Every time you make a purchase with a credit card in the U.S., you say, "How come you people don't have the chip yet? Are you ever backward down here! We've had it for years in Canada!"

■ Whenever you take American paper money out of your wallet, you complain loudly about how dumb it is to make all the denominations the same colour. Ditto for complaints about dealing with American pennies. You say, "We were smart enough to get rid of ours years ago."

■ You not only try to use Canadian coins at the laundromat and parking meters in the U.S., you leave them as tips at restaurants.

■ In the U.S., you wear a T-shirt that proclaims, "Canada: The American Dream."

■ You complain about American beer. You say loudly to your pub companions, "American beer is no better than piss water."

■ You tell people in line at Dunkin' Donuts that Timmy's has better

coffee and pastry, and they should get more Timmy's down here pronto so people can see what a really good doughnut shop is like.

■ While you're doing all the above, you make sure people know that Canadians have a reputation all over the world for being the nicest, most courteous and most considerate tourists.

If 3 of these statements apply to you, read some travel books or sites with special attention to information about tourist etiquette.
If 5 apply to you, take your vacation in Canada.
If 8 or more apply to you, take a bodyguard if you travel out of Canada.

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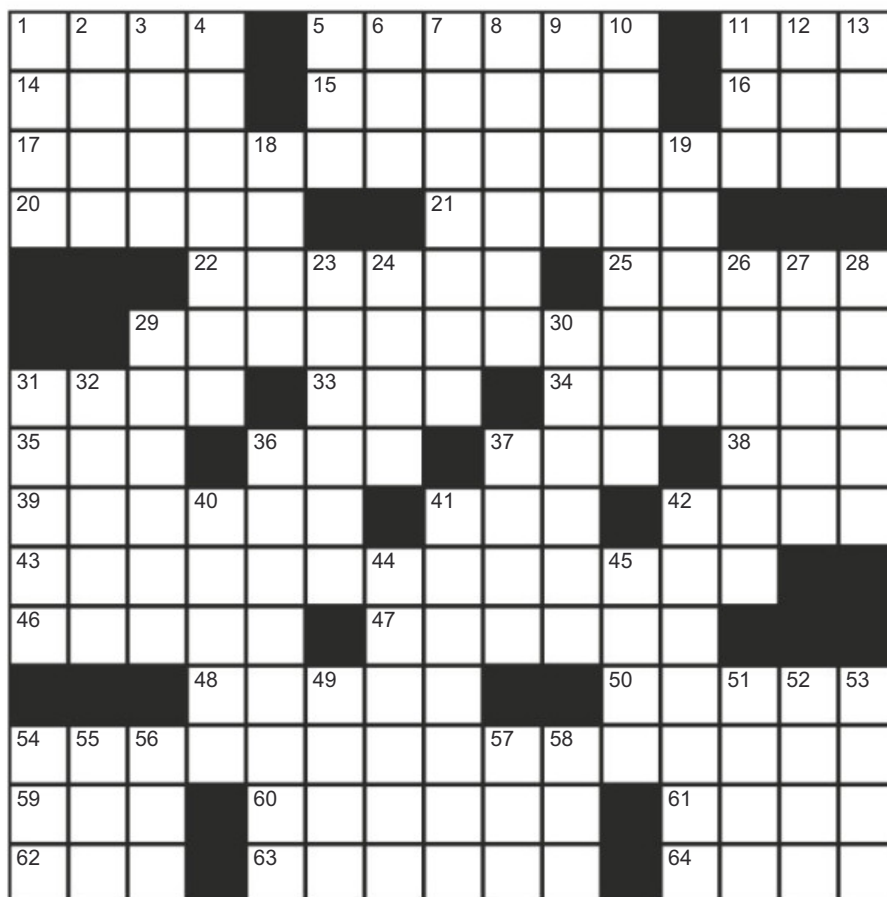
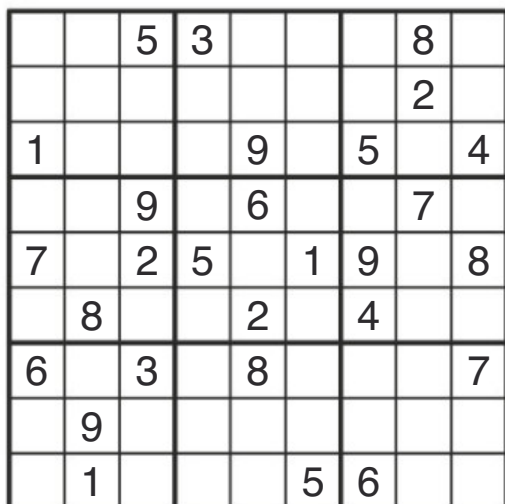
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BRAIN GAMES #34: **ACROSS***For the
(Snow)Birds***Sudoku**

- 1 Mummy's resting place
5 Mr. Carson, on *Downton Abbey*
11 Switch position
14 He's more than *un ami*
15 Protozoa that's often under the microscope
16 Send chocolates, say
17 SNOWBIRD that flies in formation
20 With a sneaky snicker, maybe
21 On ___ (having continued success)
22 Stick with a sword
25 Terra ___ (pottery clay)
29 "SNOWBIRD" in 1969
31 French chef's mushroom
33 Bark like a lap dog
34 Very keen
35 Yes, in Tokyo
36 CN stop
37 Baseball two-outers: Abbr.
38 Sandy islet
39 Shakespeare play

- turned opera
41 Ancient Roman's 102
42 Show some lip or cheek
43 SNOWBIRD, the slang meaning
46 1300 hours, commonly
47 School supply item
48 "All work ___ play..."
50 Pose for a new portrait
54 SNOWBIRD, the happiest kind
59 "What ___, a doormat?"
60 "Yes, that's quite apparent"
61 "Later, Luigi"
62 Love letters?
63 Has a lead foot, so to speak
64 Letters before ://

DOWN

- 1 Don't-know-yet slots on a sched.
2 Coup d'___ (quick glance)
3 Comedian Walsh, for-

merly of *This Hour Has 22 Minutes*

- 4 Part of a city transit map
5 ___ Dai of Vietnam
6 Grp. that once represented Canadian coal diggers
7 Do a tally
8 PBS's *The MacNeil/___ Report*
9 Spain's longest river
10 Hobo's free rides
11 It gives a hoot?
12 Enemy
13 Debating pro?
18 Song in a church book
19 Robertson or Axworthy
23 "Place" of scandal, on '60s TV
24 "I'm ___ but I can change ..." (Red Green line)
26 It "came back", in a kids' song
27 Fey and Turner, for two
28 Many Osgoode Hall grads: Abbr.
29 Per unit
30 Swift current
31 Sweet start to -holic
32 Department store founder Timothy
36 Obsessive dieter's goal
37 ___ good deed (earned Brownie points)
40 Wash against, as waves to the shore
41 Paint the town red
42 Sound of sudden braking
44 Weensie's partner
45 "Able was ___ ..." (palindrome words)
49 Bit of rain or dew
51 Improv segment
52 "As a vegan, ___ no animal products"
53 It's too much for Thérèse?
54 Candle dripping
55 Texter's "to my way way of thinking"
56 Kibosh
57 Homer's "neighbour-eeno"
58 His or her, to Henri

order to move ahead and break out of that stereotype.


“Technology has shifted power to the masses,” Stewart writes, and today “managing out” is the innovative way to lead. So walk away from the corner office, she urges, buy into your people and recognize that influence is the new power. “Get over yourself,” too, because holding back is a form of self-indulgence. “It’s what I told myself to get over my shyness,” Stewart says.

As a future leader especially, “You have an obligation to speak up or you’re abdicating responsibility,” says Stewart. “We all have different concepts of success. There’s no benefit to measuring everyone by the same standard.” Do it your way is the message, but work hard at it. And don’t feel you have to stick to a script.

Sophia Amoruso followed nobody’s script. Before turning 30, she had built a small cottage industry of selling vintage clothes on eBay into an online retail fashion brand that brings in \$100 million annually and has a million Facebook followers. In terms of formation, Amoruso is on the other end of the spectrum from both Stewart and Sandberg: a high-school dropout with ADD, self-taught who, as the story goes, shoplifted the first item she sold on eBay. Silicon Valley has a crush on her because she’s a digital native who leveraged her mastery of search terms, click bait and regional trending topics to market her brand almost entirely using unpaid social media.


In 2014, Amoruso published *#GirlBoss*, a memoir-guidebook for young women with entrepreneurial aspirations who would find *Lean In* and its Ivy League-tinged air of privilege decidedly unrelatable. Amoruso knows her readers intimately. They are women like her: young, driven and less inclined to follow conventional leadership models, who would avoid what the business magazine *Fast Company* calls the “know-it-all leadership style of the past.” Last June in Silicon Valley, she told a conference, “The trick is there is no trick. Be yourself, don’t fear failure – failure humanizes people – work hard.”

Kirstine Stewart’s views on leadership aren’t far off from Amoruso’s, which isn’t surprising since Stewart says that young people inspire her. “The younger generation of women doesn’t feel obliged to stay strictly within the lines. They respect individual choice. Look at Kristen Stewart,” she says, bringing us back to the *Twilight* star in her Twitter bio. “I love how she rules her life. She’s defining herself by what she cares about.”

What Stewart herself seems to care about is women staking out their space in the digital era. Would she ever be tempted to test her leadership skills in politics? Her answer is definitive: “Never.” Instead, she’s preferred to focus on rewriting the rules for women in leadership. Now that it’s done, you know exactly where to find it: @kirstinestewart. 

HELP FOR TIRED
& HEAVY LEGS

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I threw away my support stockings

model image

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- Tove, Denmark

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Alice, Denmark



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Zoom Out

ANSWERS TO CROSSWORD (PG. 84)

1	T	O	M	B		5	B	U	T	L	E	R		11	O	F	F			
14	B	E	A	U		15	A	M	O	E	B	A		16	W	O	C			
17	A	I	R	S		18	H	O	W	T	H	R	I	19	L	L	E	R		
20	S	L	Y	L	Y			21	A	R	O	L	L							
						22	I	M	P	A	L	E		25	C	O	T	27	28	A
					29	A	N	N	E	M	U	R		30	R	A	Y	H	I	T
31	C	E	P	E		33	Y	A	P		34	A	R	D	E	N	T			
35	H	A	I		36	S	T	N		37	D	P	S		38	C	A	Y		
39	O	T	E	L	L	O		41	C	I	I		42	S	A	S	S			
43	C	O	C	A	I	N		44	E	A	D	D	I	C	T					
46	O	N	E	P	M		47	E	R	A	S	E	R							
						48	A	N	D	N	O		50	R	E	S	I	52	53	
54	W	I	N							57	58	E	E	K	E	R				
59	A	M	I			60	S	O	I	S	E	E		61	C	I	A	C		
62	X	O	X			63	S	P	E	E	D	S		64	H	T	T	P		

ANSWERS TO SUDOKU (PG. 84)

4	2	5	3	1	6	7	8	9
9	7	6	4	5	8	3	2	1
1	3	8	7	9	2	5	6	4
5	4	9	8	6	3	1	7	2
7	6	2	5	4	1	9	3	8
3	8	1	9	2	7	4	5	6
6	5	3	1	8	9	2	4	7
2	9	7	6	3	4	8	1	5
8	1	4	2	7	5	6	9	3

The Funnies

"They've outlawed the No. 1 vegetable on the planet" — *Timothy Leary*

"Instead of taking five or six of the prescriptions, I decided to go a natural route and smoke marijuana" — *Melissa Etheridge*

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Breakaway Niagara Falls

Holiday Inn By The Falls is just steps from the Falls, next to famous Skylon Tower and beside the Fallsview Casino.

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STARTING FROM JUST

\$89*

PER PERSON DBL OCC.



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*Prices are per-person based on double occupancy, valid Sun. to Thurs., Holidays and weekends higher. Tax extra. Free Parking. Rates valid from Oct. 12, 2015 to May 12, 2016. Also available child add-ons, whirlpool suites and gift certificates. Visit www.holidayinnniagarafalls.com for details.

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Prophet of Zoom™

by Wes Tyrell

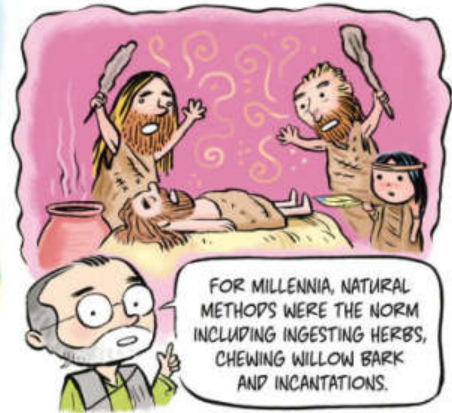
TIME PROPHET

IN THIS EPISODE, THE PROPHET TRAVELS THROUGH TIME TO EXAMINE PAIN MEDICATION- FROM EARLY MAN TO TODAY!

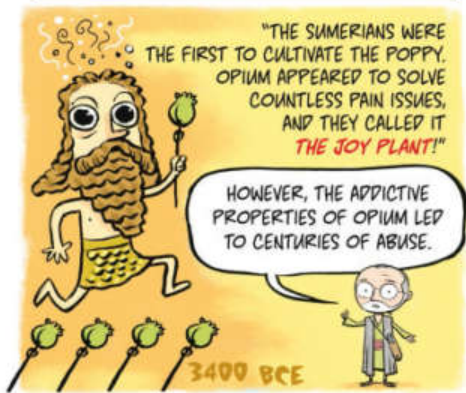


9000 BCE

ZAPPPP



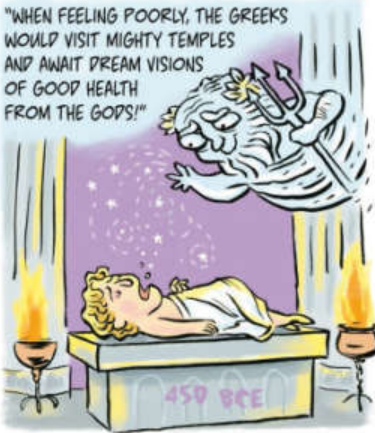
FOR MILLENNIA, NATURAL METHODS WERE THE NORM INCLUDING INGESTING HERBS, CHEWING WILLOW BARK AND INCANTATIONS.



"THE SUMERIANS WERE THE FIRST TO CULTIVATE THE POPPY. OPIUM APPEARED TO SOLVE COUNTLESS PAIN ISSUES, AND THEY CALLED IT THE JOY PLANT!"

HOWEVER, THE ADDICTIVE PROPERTIES OF OPIUM LED TO CENTURIES OF ABUSE.

3400 BCE



"WHEN FEELING POORLY, THE GREEKS WOULD VISIT MIGHTY TEMPLES AND AWAIT DREAM VISIONS OF GOOD HEALTH FROM THE GODS!"

450 BCE



"ANCIENT MESOAMERICANS BELIEVED THAT TOOTHACHES WERE CAUSED BY WORMS THAT COULD ONLY BE DRIVEN OUT BY CHEWING THE HOTTEST OF CHILI PEPPERS!"

500 CE



"BLOODLETTING WAS FOR MANY A GO-TO THERAPY FOR HEADACHES, INDIGESTION, MELANCHOLY AND JUST ABOUT ANYTHING ELSE!"

I FEEL BETTER ALREADY

MIDDLE AGES



19TH CENTURY

"QUACKS SOLD COCAINE- AND ALCOHOL-LACED SERUMS THAT PROMISED HELP BUT USUALLY ONLY DELIVERED AN EMPTY WALLET."

18TH CENTURY



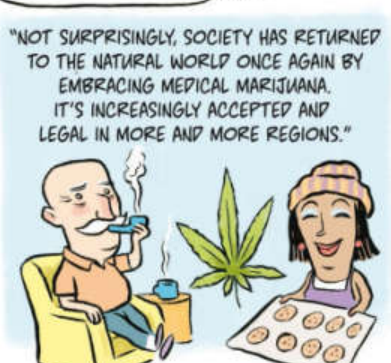
20TH CENTURY

"EVENTUALLY MODERN CHEMISTRY MOVED AWAY FROM ANCIENT METHODS BY INTRODUCING NEW MEDICINES LIKE CODEINE, ASPIRIN, ETC. THIS BECAME THE NORM FOR THE LAST CENTURY."



21ST CENTURY

"CHRONIC PAIN COSTS THE ECONOMY BILLIONS SO HUNTING FOR NEW OPTIONS WILL NEVER END. DEVICES LIKE THESE VIBRATING ELECTRONIC SENSOR BANDAGES WILL CHANGE HOW WE GET PAIN RELIEF."



"NOT SURPRISINGLY, SOCIETY HAS RETURNED TO THE NATURAL WORLD ONCE AGAIN BY EMBRACING MEDICAL MARIJUANA. IT'S INCREASINGLY ACCEPTED AND LEGAL IN MORE AND MORE REGIONS."

BUT WHERE IT IS FULLY LEGAL, TAX DOLLARS ARE ROLLING IN AND THE BLACK MARKET GANGS ARE TAKING A BIG HIT. SO WHY IS IT THAT IN CANADA WE ARE STILL CHARGING THOUSANDS OF PEOPLE A YEAR AND RUINING LIVES DESPITE THE INEVITABLE CHANGES AHEAD? THAT'S WHAT I CALL BAD MEDICINE.





LIFE-SIZE NATURAL PAIN RELIEF



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3. Inflammation is reduced, increasing joint mobility for greater comfort.

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TOY BLOCKS

PILLOW FORT

ARCHITECTURAL SCHOOL

APPRENTICE

PARTNER

SKYSCRAPER



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TAKE YOU PLACES.

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